Chichester Herald

Friday 1 November 2013
YOUR FREE WEEKLY NEWSPAPER
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COMPETITION
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Uni's gay honour

>> *Chichester named among best gay-friendly universities*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THE UNIVERSITY OF CHICHESTER has been named among the top gay-friendly institutions in the country.

It follows a survey from the Sunday Times national newspaper, which ranked the University in third place alongside several others in the UK.

The ratings were based on a study from Lesbian, Gay, Bisexual and Transgender charity Stonewall, which looked at how universities support homosexual staff and students.

The study, entitled Gay By Degree, found Chichester was among the best for promoting LGBT-awareness and fighting homophobia.

University Equality and Diversity Officer Suzanne Jones said: "We are really pleased that our efforts to advance LGBT equality have been recognised by the Stonewall charity.

"Many gay people are put off university because of bullying experienced in school, so we have an important role to play in changing their mind.

"This is a fantastic achievement and reflects the excellent work carried out by our staff and the Students' Union."

As part of the Gay By Degree scheme, universities are encouraged to follow a ten point checklist to support LGBT members, which includes providing sexual health services, offering careers advice, and holding social events.

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Gay-friendly institution: Uni ranked third alongside several others in the UK

MORE HEADLINES >>

CHANGES TO PARKING CHARGES BUT CHICHESTER STILL REMAINS ONE OF THE LOWEST *Page 3*

CLEARING UP AFTER THE STORM *Page 7*

SUMMIT SUCCESS FOR STUART *Page 16*

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Changes to parking charges but Chichester still remains one of the lowest

COUNCILLORS at Chichester District Council have agreed that some changes will be made to car park charges across the district. Whilst there will be some groans amongst the public and local businesses, charges are still believed to be one of the lowest on the south coast.

The one and two hour rates in Chichester's long stay car parks stay the same, and staying for the whole day has only gone up by 20p. A new 30 minute tariff costing just 50p replaces the current 20 minute tariff in response to customer feedback.

Over 50% of all pay and display users in Chichester will not be affected by the changes. In some cases charges remain the same – including Sunday parking charges in Chichester city. The one and four hour rates in Chichester's short stay car park rates have stayed the same, while all other rates have been increased by 10p or 20p (except the eight hour rate in the short stay car parks).

Roving season ticket holders in Chichester can now add a further three car registrations to their ticket at no extra charge, assisting those who share a car. For the first time in four years the cost has increased, from £40 to £43 per month. Those that pay for an annual ticket in advance will get one month free.

Season ticket holders in Market Avenue, Market Road and Orchard Street car parks in Chichester will now pay £47 per month. Those that pay for an annual ticket in advance will also get one month free.

The free period in the car parks in East Street in Selsey and Northern Crescent in West Wittering will be removed and visitors will be charged 20p for up to two hours.

Large vehicle bays will be introduced in West Wittering's Marine Drive car park at a cost of £3 for two hours or £6 for the day. This is in response to customer feedback to cater for the needs of camper vans and caravans visiting the area. A monthly season ticket option will also be introduced at a cost of just £10 per month.

Councillors previously agreed that the free period would remain in Petworth and Midhurst, but that charges after this time would be increased by 20p per hour. In Midhurst three hours will be 40p and four hours will be 60p, while in Petworth two hours will be 40p and four hours will be 80p.

"Taking these changes into account we still offer some of the lowest parking charges on the South coast," say Cllr Myles Cullen, Cabinet Member at Chichester District Council.

"The changes were drawn from the deliberations of the District Parking Forum which includes representatives from business, residents and other authorities. Many of our rates have not been increased, including Sunday parking charges.

"The money that we charge is used for the upkeep of our car parks and the rest goes directly back into our services in order to keep council tax low and protect local services."

The parking team is also reviewing its service to identify further improvements. Future improvements already identified including pay on foot parking in some car parks, and the introduction of direct debit. If the direct debit scheme is introduced, customers that sign up to the scheme will also be offered discounts.

Chichester named among best gay-friendly universities

Continued from page 1

Chichester was recently awarded a ninth point after meeting the criteria for monitoring students' sexual orientation.

It is now working towards the final point – Engagement with the Wider Community by working with groups and societies from West Sussex.

Ms Jones added: "It is not just about getting ticks, though, and there is still much more we can do to progress LGBT equality here at Chichester.

"We are currently working on a number of other projects which include tackling homophobia and transphobia in sport."

To find out more about how the University of Chichester supports the LGBT community visit www.chi.ac.uk/equality.

Alternatively, for more on Stonewall's Gay By Degree scheme, go to www.gaybydegree.org.uk/chichester.

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Former Westhampnett resident James Lillywhite was a member of England's first cricket Test team [illegible] the first ever Test [illegible] in 1877 against Australia. He [illegible] the first ever captain of the England team.

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@ChichesterDC
"Running low on #halfterm activity ideas? We've got lots going on in the #Chichester district"

@Discover_Chi
"Deadline fast approaching for pubs/ restaurants/accommodation to be inc in 2014 Visit Chichester guides"

@World_of_Wes
"They're really not getting into the Halloween spirit at Chichester cathedral Maybe it's just not their thing"

@World_of_Wes
"They're really not getting into the Halloween spirit at Chichester cathedral Maybe it's just not their thing"

@World_of_Wes
"They're really not getting into the Halloween spirit at Chichester cathedral Maybe it's just not their thing"

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Though I have no faith, aren't Christians the most...

Tommy Boyd
Legendary TV

QUALIFIED TEACHERS

Our rulers are arguing over whether people who aren't qualified should be allowed to teach As a qualified teacher myself I'm immediately interested in the question of whether people who aren't qualified should be allowed to rule Winning a seat at a general election is not the same as sitting an exam in something, because exam candidates are judged entirely on their own merits, while MPs are mostly judged on the merits of other people who shape their party policy

CLEAR

I'm fed up to the back teeth with politicians who always begin every sentence with "We are absolutely clear about this" It's their code for "We're saying we're saying this today to look strong, but don't hold your breath"

FUNDAMENTALISM IN CHICHESTER

I was in East St at about 9 45am on Saturday morning and something mysterious broke out A man aged sixty-something and dressed in top-of-the-range walking clothes produced a guitar and began singing Within seconds he was joined by half a dozen other clean shaven men and women of a similar age who chorused his song of hope In less than 1 minute there were about 30 of them, opening their throats into the sky with dreamy faraway smiles It was a planned urban moment The assistants from one of the shops came out to see what the fuss was One said to me "There goes the neighbourhood" But the revellers were gone after one song Though I have no faith aren't Christians the most angelic religious order around here anyway

MESSAM

I was in East St to buy a nut and bolt You try buying a nut and bolt in Homebase (which I also enjoy shopping in by the way) but Messam is Messam Homebase will sell you a packet of 20 when you only need one and the remainder will clog your toolbox until long after you're dead Not in Messam I got what I wanted including humour It cost 15p I said to the assistant "15p eh! You can shut up shop and go home then done your Saturday" He said "Straight I'm off to Kuoni to book that cruise"

BUSKING

There was a spectacular girl jazz guitarist at the Cross on Tuesday Acid jazz, I am told, is

what it is she played Another busker set up in the underpass by the Northgate Car Park near a homeless man who was sitting, begging The busker said "We're probably going to get in each other's way But you were here first mate so how about if I play for a bit and give you say 25% of what I get?" Which happened

I love our City it's a harsh world but we're not bad round here not bad at all

JOKE

A man opens a Twitter account for his dog, who sends his first Tweet "Woof woof woof

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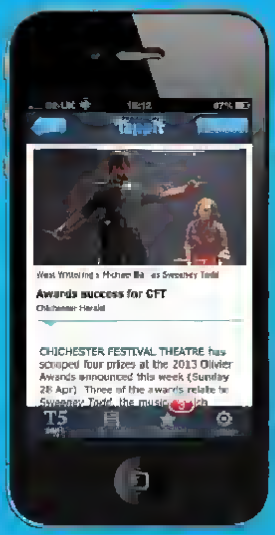
Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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Clearing up after the storm

WEST Sussex County Council has drafted in extra highway gangs to clear up after the storm that swept across the county in the early hours of Monday morning.

More than 80 trees came down either blocking or partially blocking some roads.

WSCC household waste recycling stations are all open as usual and ready to help people clearing up any debris such as branches.

The County Council has thanked the public for listening to and acting on the various warnings that were issued. There have been no reports of injuries.

Chichester District Council's services are operating as normal following the stormy weather.

Bin collections were suspended overnight but refuse crews are now catching up with the bins that could not be emptied Monday morning.

If you haven't had your regular bin collection, please leave your bins out so that they can be collected at the first available opportunity. If you have any queries please contact the council on 01243 785166.

Council staff opened an emergency rest centre at the Selsey Centre on Sunday night and helped a family who needed accommodation and had been forced to evacuate from their caravan.

On Tuesday morning council staff had been checking the district's sea defences, parks and open spaces, and clearing trees and debris from the council's car parks.

Councillor Heather Caird, Leader of Chichester District Council, says: "Thank you to residents for your patience and understanding as we resume bin collections this morning. It was really important for safety reasons that residents kept their bins out of the roads and exposed locations when the stormy weather was at its height. All crews are out and catching up on the normal collection schedule."

To keep updated of the latest news please refer to our website www.chichester.gov.uk or our Facebook and twitter (ChichesterDC) pages.

PC hurt as two arrests in West Sussex for car theft

A POLICE constable was injured in an attempt to stop a suspect car in Ford, West Sussex.

The Sussex Road Policing officer approached a stolen car which had come to a stop in a cul de sac, Gaugemaster Way, Ford, shortly after 8am on Monday 28 October, after being followed by police cars for some distance across West Sussex. It had first been spotted on the eastbound A27 at Emsworth at about 7.15am.

As the officer ran up and took hold of the driver's door of the car it reversed and he was trapped by the door, and was dragged along for a short distance before being thrown free. The car sped off, ramming a police car and causing slight injury.

However other officers stopped it in nearby Burndell Road, Yapton, soon afterwards, and arrested the two occupants, a man who was driving the car, and a woman passenger.

The car had been reported stolen from outside a house in Salisbury, Wiltshire, and the 39-year old man of no fixed address, and the 30-year old Isle of Wight woman, are currently in custody for interview and further enquiries.

The officer was treated at St Richards Hospital, Chichester, for cuts and bruises, and was allowed home.

Nobody else was reported injured in the incident.

Police investigate Chichester public toilet incident

POLICE are seeking witnesses to an incident in Chichester in which a man allegedly committed an indecent act in public toilets and then assaulted a witness.

At 2.10pm on Tuesday 22 October, the man was seen in the toilets in Tower Street. He is reported to have carried out an indecent act, and then to have struck in the face a witness who followed him to a nearby bus stop in West Street outside House of Fraser. The blow caused no injury.

A 75 year old Hunston man was arrested on suspicion of outraging public decency, and of assault by beating. He was later released on police bail until 25 November while police enquiries continue.

PC Ben Hitchman said: "We would like to talk to anyone who was in the area that afternoon and saw anything of this incident. If you can help please contact us by phoning 101 or email 'contact centre@sussex.pnn.police.uk'. You can also call independent charity Crimestoppers on 0800 555 111."

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Heads of Services are appointed at Chichester District Council

A MANAGEMENT restructure at Chichester District Council, which aims to save over £300,000, has been agreed.

Councillors last week (Thursday 24 October) agreed to appoint seven Heads of Services to replace the 11 Assistant Directors in the council's current staff structure. This follows the reduction of the Executive Director posts from three to two.

In the new structure:

- Rod Darton has been appointed as Head of Service for Chichester Contract Services (which includes the waste and recycling services).
- Andrew Frost has been appointed as Head of Service for Planning.
- Jane Hotchkiss has been appointed as Head of Service for Commercial Services (which includes Westgate Leisure, The Novium, Car Parks, Estates and Economic Development).
- Steve Hansford has been appointed as Head of Service for Community Services.
- Jane Dodsworth has been appointed as Head of Service for Business Improvement.
- Louise Rudzaik has been appointed as Head of Service for Housing and Environmental Services.
- Councillors had also previously appointed John Ward as Head of Finance and Governance Services in September.

'I am confident that the new structure will help to meet the future challenges we will have to face," says Diane Shepherd, Chief Executive of Chichester District Council.

"Cuts to our Government grants and reductions in income have meant that we have to look at new ways of working. These are extremely difficult times, but our focus has to be to continue to deliver quality services to our residents, businesses and visitors at the lowest cost.

"We are incredibly lucky to have such a high calibre of staff and so it is very hard when we have to lose people. We are very grateful those who are leaving us for their commitment and hard work – and for the difference that they have made within the district.

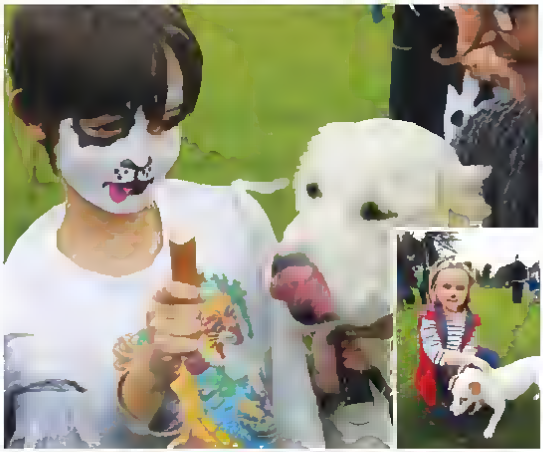
"The Heads of Services appointed have a wealth of experience between them. They have extensive experience in partnership working, are community focussed and have contributed positively to the financial challenges we face. I look forward to working closely with them so that we can continue to meet the needs of our residents and the district as a whole."

The new structure will be in place from 1 April 2014, but changes will start to be made over the coming months to prepare for this.

"I am confident that the new management structure of the Council will be a strong leadership team, adds Cllr Heather Caird, Leader of Chichester District Council.

"These are very difficult times for everyone, but it is important that we continually looking ahead at the challenges we are likely to face to ensure that the Council remains in a good financial position, in order to achieve our objective of delivering high quality services to our community."

Canine capers at Oakwood



Lily Adams with Daisy while Lily-Ivy Foster and Bee get ready for the fastest

IT WAS BARKING mad at Oakwood School last week as staff and pupils brought their dogs to school for an afternoon of four-legged fun in aid of the local charity Canine Partners. There was everything from furry fancy dress, a doggy tombola, canine cakes and a hot dog stand as well as the main events: a fun dog show and a demonstration by two trained Canine Partners assistance dogs, Saffy and May, of their amazing skills as assistance dogs to people with limited mobility or disabilities.

The afternoon was a tremendous success, enjoyed by both people and dogs, and raised a wonderful £1000 for the charity, hopefully enough to fund the training of a new puppy.

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Beware an ill wind that could blow doorstep conmen to your property...

HOUSEHOLDERS in West Sussex are being warned to refuse doorstep approaches from so-called builders offering to 'help' following the storm on Monday. West Sussex Trading Standards Officers say never accept an offer from anyone who comes knocking and wants to do work on your property.

A number of trees were uprooted during the storm, so householders are advised to be on their guard against all cold callers – especially anyone claiming to be a tree surgeon or roofer.

There are countless scams that the unwary could fall for, and older people often make easy prey," said Lionel Barnard, County Council Cabinet Member for Residents Services. "Your property doesn't even need to be damaged – cowboy roofers, for example, can pretend they've seen a loose tile, and offer to fix it for a few pounds. When they come down from the roof, it's often with the shock 'news' that repairs will cost thousands.

Other tricks include pressuring householders into doing unnecessary work, hiding the cost, or providing false names and addresses.

Anyone who has a problem with a doorstep caller should contact the Citizens Advice Consumer Service on 08454 040506. They will provide advice and pass details to Trading Standards, who can advise the best way forward. This could include intervening when the trader is at the address, or is expected to return.

To find a reliable and trustworthy trader use the Buy with Confidence Scheme. This is a business approval scheme administered and run by Trading Standards. All members of BWC are vetted and approved by Trading Standards. Residents can visit the website at www.buywithconfidence.gov.uk to find a suitable trader.

Holidays 2013/14

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NOV/DEC 2013	date	duration
Spirit of Christmas at Chatsworth	15 Nov	4 days
Tinsel & Turkey in Sidmouth	15 Nov	4 days
Tatton Park Christmas Spectacular	22 Nov	4 days
Cornish Mistletoe & Wine	22 Nov	4 days
Warner's Tinsel & Turkey at Cricket St Thomas	25 Nov	5 days
Warner's Littlecote—Tinsel & Turkey	02 Dec	5 days
A Wight Christmas	23 Dec	6 days
Warner's Christmas Isle of Wight	23 Dec	6 days
The Cotswolds at Christmas	23 Dec	6 days
Warner's Christmas at Talton Lacy	23 Dec	5 days
The Queens at Christmas	23 Dec	6 days
Hampshire Christmas	24 Dec	5 days
Morten Park Christmas	24 Dec	5 days
New Year at The Queens	30 Dec	4 days
FEB/MAR 2014	**date**	**duration**
Snowdrops Special	10 Feb	4 days
Ludlow Winter Warmer	27 Feb	4 days
Mystery Tour	09 Mar	2 days
Scarborough Winter Warmer	1 Mar	5 days
Shamrocks, Shakers & Leprechauns	16 Mar	5 days
Sannton Sands & North Devon	17 Mar	5 days
Cornish Explorer	24 Mar	6 days
APR/MAY 2014	**date**	**duration**
Springtime on Guernsey (by Air)	07 Apr	7 nts
Springtime Gardens of Cornwall	10 Apr	5 days
Easter in The Peaks	18 Apr	5 days
Hampshire Easter	18 Apr	5 days
Easter in Malvern	18 Apr	5 days
Lancashire Coast & Country	05 May	5 days
Mystery Tour	11 May	3 days
Warner's Wye Valley & Forest of Dean	26 May	5 days
JUNE/JULY 2014	**date**	**duration**
Sidmouth, Seaton & Dartmoor	01 June	5 days
The Isle of Wight	02 June	6 days
Bournemouth	08 June	5 days
The Lake District	09 June	6 days
North Devon Explorer	15 June	6 days
Weymouth & The Jurassic Coast	16 June	5 days
Falmouth	22 June	6 days
Shropshire & The Welsh Marches	22 June	5 days
Tynesfield, & Cricket St Thomas	30 June	5 days
Great Yorkshire Show	07 July	5 days
Snowdonia & The Llangollen Fields Newcomers	18 July	5 days
1940s Weekend & Windsor Castle	25 July	4 days
Wales Grand Coastal Tour	25 July	8 days
AUG/SEPT/OCT 2014	**date**	**duration**
Warner's Godleywildan Cecilia	04 Aug	5 days
Doc Martin & The Cornish Coast	07 Aug	6 days
Rockingham & Wrest Park	07 Aug	5 days
Torquay & Delights of Devon	10 Aug	8 days
Mystery Tour	10 Aug	2 days
Threecky Hill & The Peak District	11 Aug	8 days
North Devon Explorer	31 Aug	6 days
North York Moors	31 Aug	8 days
Ludlow Shropshire & Ironbridge	08 Sept	5 days
Sidmouth, Seaton & Dartmoor	13 Sept	5 days
Bournemouth	14 Sept	5 days
Malvern Hills & Welsh Borders	14 Sept	5 days
Falmouth	21 Sept	6 days
The Lake District	21 Sept	5 days
Warner's Sinais Warners	22 Sept	5 days
Cornish Explorer	04 Oct	7 days
Harrogate, Ripon & York	06 Oct	5 days
Autumn Colours of Celtic Curlew	12 Oct	5 days
Warner's Isle of Wight	13 Oct	5 days
Mystery Tour	18 Oct	3 days

NOVEMBER 2013	date	duration
Festive Beamish & Durham Lumiere	15 Nov	5 days
Thursford Spectacular	17 Nov	4 days
Ludlow Medieval Fayre	22 Nov	3 days
Paris City of Light	25 Nov	4 days
Thursford Spectacular	26 Nov	4 days
Birmingham Tattoo & Frankfurt Market	29 Nov	4 days
Monschau Aachen & Cologne Christmas Markets	29 Nov	4 days
DECEMBER 2013	**date**	**duration**
Trier & Rentkastel Christmas Markets	01 Dec	4 days
Ruelesheim, Frankfurt, Wiesbaden & Mainz Christmas Markets	09 Dec	5 days
Christmas in the Caribbean on Black Watch	21 Dec	25 nts
Canaries Christmas Cruise on Balmoral	21 Dec	15 nts
Austrian Lake Districts at Christmas	21 Dec	8 days
Christmas in Switzerland	22 Dec	4 days
Luxembourg Christmas	23 Dec	6 days
Beautiful Bruges at Christmas	25 Dec	5 days
Billesley Manor Christmas	23 Dec	5 days
Devonshire Christmas	23 Dec	5 days
Stratford Manor at Christmas	25 Dec	5 days
FEBRUARY 2014	**date**	**duration**
Wake up at the Waldorf	23 Feb	2 days
Menton Lemon Festival & Nice Carnival	27 Feb	8 days
MARCH 2014	**date**	**duration**
Paris Allnat	09 Mar	4 days
London Theatre Break	15 Mar	2 days
Lakes & Dales	23 Mar	5 days
Llandrindod Wells Newcomers	23 Mar	5 days
Isles of Scilly (by Air)	24 Mar	5 nts
Glenn Miller & The Codebreakers	28 Mar	4 days
Oxford & The Chilterns	28 Mar	4 days
APRIL 2014	**date**	**duration**
Dutch Tulip River Cruise	12 Apr	5 days
South Wales Easter	17 Apr	5 days
Harrogate Spring Flower Show	23 Apr	5 days
Great Little Trains of Wales	27 Apr	5 days
Canadian Rockies by Train (by Air)	27 Apr	10 nts
Manchester Ship Canal & Last Drop Village	28 Apr	5 days
Little Switzerland & Springtime in Wanen	28 Apr	5 days
MAY 2014	**date**	**duration**
Keukenhof & Dutch Flower Parade	02 May	4 days
Tenby & Pembrokeshire	05 May	5 days
Isle of Man	09 May	7 days
Suffolk & Constable Country	11 May	5 days
Cairngorms & Highland Adventure	17 May	9 days
Durham Beamish & Bowes	18 May	6 days
Waterways of North Wales & Cheshire	18 May	5 days
Boats, Trains & Fred Dibnah	22 May	5 days
Norfolk, Paddle & Steam	26 May	5 days
Puffins, Penguins & Pandas	27 May	8 days
Lake Molveno & The Italian Dolomites	30 May	10 days

JUNE 2014	date	duration
D Day Anniversary Cruise	01 June	7 nts
Jersey (by Air)	01 June	7 nts
Historic Bristol & Bath	05 June	4 days
Somerset, Steam & Cruise	09 June	5 days
Killarney & The Ring of Kerry	15 June	7 days
Cingue Ports & Bruges	22 June	5 days
Andorra	24 June	9 days
Bannockburn & Robert the Bruce	28 June	7 days
JULY 2014	**date**	**duration**
Cornish Summer at The Bay	01 July	5 days
Rhine in Flames River Cruise	02 July	7 days
Ypres, Passchendaele & Memories of WWI	07 July	4 days
Austrian Tyrol & Salzburg All Inclusive	10 July	9 days
Heart of England	10 July	5 days
Royal International Air Tattoo	11 July	4 days
Norwegian Cruise	12 July	8 nts
Scotland by Steam	16 July	7 days
Severn Valley & The Black Country	23 July	5 days
Longleat & Downton Abbey	23 July	4 days
Three Choirs Country & Concert	31 July	5 days
AUGUST 2014	**date**	**duration**
Edinburgh Tattoo & The Borders	02 Aug	7 days
Cheshire, Potteries & The Wirral	03 Aug	6 days
Meiringen & The Swiss Alps	09 Aug	8 days
Three Capitals Amsterdam, Brussels & Paris	15 Aug	7 days
Giant's Causeway & Titanic Belfast	15 Aug	7 days
Battle of Bosworth & King Richard III	14 Aug	5 days
Robin Hood & The Sea Rats	17 Aug	3 days
Northumbria & Hadrian's Wall	18 Aug	6 days
Cruising The Seine	22 Aug	7 days
Valkenburg & Three Countries	25 Aug	5 days
Plymouth & The West Country	31 Aug	5 days
SEPTEMBER 2014	**date**	**duration**
Hebridean Odyssey	01 Sept	9 days
Historic Bristol & Bath	04 Sept	4 days
Galway & County Cork	07 Sept	9 days
Manchester Ship Canal & Last Drop Village	08 Sept	5 days
Corf H & Heritage Wales	18 Sept	5 days
Waterways of North Wales & Cheshire	21 Sept	5 days
Blackpool Illuminations & Lake Windermere	26 Sept	4 days
The Dordogne & The Vezere	27 Sept	8 days
Cantrdria & The Picos de Europa	28 Sept	10 days
Tenby & Pembrokeshire	29 Sept	5 days
Treasures of The Peaks	29 Sept	5 days
OCTOBER 2014	**date**	**duration**
Breathtaking Bruges & The Flemish Coast	03 Oct	4 days
Isles of Scilly (by Air)	04 Oct	6 nts
Dinham Beamish & Bowes	08 Oct	6 days
Norfolk Paddle & Steam	15 Oct	5 days
Suffolk & Constable Country	19 Oct	5 days

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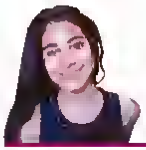

Mia Edwards

RECENTLY I have started reading again. This might not seem like anything big, but you have to bear in mind that I haven't read just for the fun of it for many a year (which is strange because when discussing with my teacher my plans to study English at uni, and whether or not take lit or lang, she was like "Well it doesn't really matter as long as you like reading." A slight flaw in my plan.) But in my new reading adventures I have found a pattern in the books I read; most of them are about the authors. I can tell, because normally the main characters are attractive, modest, surrounded by secret admirers and lead a difficult life but defy all the odds in being an all-round outstanding individual. There is also normally a link to somewhere that the author has been (if you're a creep like me you'll know that because you will research the author. This is the level of commitment that I expect of you).

The thing is, I genuinely think having self-confidence is a good thing. If you put yourself into the position of being a superhero, it sort of helps you tackle everything as it comes. And why not love yourself? You might as well, nobody else will ever love you. (That was a joke by the way. Non-super heroes can joke too).

In a way, it isn't surprising that so many authors write about themselves like they're gods. That's the dream; being able to share your experiences with people and tell others about your achievements without having the burden of people hating you for your smugness. Quite often (24/7) I daydream about things happening to me that probably won't. I guess that's sort of what these writers are doing by creating these stories. They can't help that it's ridiculously annoying.

The way that I stop myself from having too much rage about it, is by making myself the main character of my own story (laaaaaaame), and making sure that I'm always the heroine and not one of the sneaky little grim reapers who try to ruin my plotline with meanness. In fact, if I don't like you that much I am probably imagining you being some sort of baddy in my book and me killing you with my powers. Sorry bro, there may be blood.

So if you ever find one of these self-obsessed authors, I give you permission to submit one into my story and I'll make sure they don't make it to the end.

The Seed launches girls empowerment group to celebrate Day of the Girl

Emsworth-founded organisation expands mandate to empower more African schoolgirls

A NON-PROFIT organisation founded in Emsworth celebrated International Day of the Girl this month with the launch of a new initiative.

The Seed, Africa has announced the start of a girls empowerment group in Swaziland, Southern Africa to expand the number of schoolgirls impacted by their projects.

Founded by Emsworth resident Georgina-Kate Adams last year, The Seed is inspired by evidence that when you educate a girl in the developing world, their whole community benefits.

Before Christmas, with support from 200 Emsworth residents and international donors, The Seed raised £7,300 to help a bright but vulnerable Swazi girl accept an offer to attend one of her country's leading boarding schools.

Day of the Girl The Seed made its official debut on the first ever Day of the Girl last October, with an interview on BBC Radio Solent.

To celebrate the UN approved event this year, the organisation invited Swazi schoolgirls to take part in a 'flashmob' in their local market, where they sang Beyonce Knowles' Run the World (Girls).

The launch of The Seed Girls' Group was officially announced in a 15 minute

prime-time interview on Swazi TV on the morning of Day of the Girl. The initiative is designed to assist ambitious schoolgirls in developing leadership, confidence and other career-building skills, with a strong focus on peer-led learning.

The Seed's founder, Georgina-Kate Adams, who recently moved to Swaziland herself, said: "Last year we curated what we called a 'philanthropic flashmob', so what better way to kick off our second year in operation than with a real flashmob in the community?

"I am thrilled the local elders, primary school and children's centre have offered their support to our new initiative.

"The scholarship we raised last year has truly changed one girl's life forever. This year we want to impact more girls to become role models for their community and to inspire each other to become a force for positive change."

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The good, the bad, and the ugly weather

Allis Moss

ON THE CASE

SO HOW was it for you? The storm, I mean. I turned into an apology for Wonder Woman, removing a lone, loose brick from the roof—keeping my centre of gravity low—then, lacking a carpenter's plane, sawing a wafer thin slice off a window frame where the swollen wooden casement suddenly wouldn't shut. When that, not surprisingly, didn't work I got to practise my fishwife's selection of knots, lashing the window handle to the leg of the bed. Interesting, how we react to extreme elements in our sanitised techno world. It's like going camping. The only thing that matters is having food and water and somewhere warm and dry to sleep. It's the first time I have picked up that hand-saw, ever.

Coffee versus fluffy

Afterwards, with the pressure off I was free to be frivolous, checking out coffee shops. If you want spiced pumpkin latte with marshmallows, a chocolate sprinkle, a parasol and whipped cream you're spoilt for choice. Personally I wish we had a grungy greasy spoon to hang out in the city. You can hide at the back at Macari's, with single tables at the sides, on show only to the curious on Crooked Street, where you might just get away with making a cappuccino last five hours while you write your journal or read every supplement in the Sunday newspaper. Or you can brazen it out in an unqualified windowbox setting like at the tiny Costa's opposite the Cathedral, which this week had an interesting vignette centre stage.

There was a couple holding hands. They reminded me of how one night, when I was a student earning an extra crust waitressing in a Chinese restaurant, I found an engagement ring left accidentally-on-purpose behind the salt cellar. That couple had been similarly earnest, awkward and intense. Someone joked that it was a very generous tip. Would you want the ring back? What did you do with your broken off engagement ring—if you had one?

The good

Three cheers for MP Anne Clwyd. She's given the NHS a year to get real with handling complaints transparently. Among suggestions is a 24-hour hotline. Great as long as it isn't the kind of front line defence we too often have to wrestle with in what is euphemistically known as customer services; people aimed at getting rid of you, reading from a script that includes saying they aren't qualified to give advice.

The best thing would be fewer mistakes in the first place. Replace managers and targets with old style matrons to monitor the wards' extra nurses. Not nursing assistants but nurses. SRNs and SENs.

The bad

Why is it that nowadays people in positions of responsibility don't take it, but always want to blame someone else, usually under them?

Or was it always so? The captain of the Costa Concordia was on the bridge with his girlfriend, when the cruise ship ran aground on rocks off a small Italian island and 32 passengers died. He says it was the fault of his Indonesian helmsman for steering too close, too fast. A naval expert says the crash would have happened anyway.

Meanwhile Sharon Shoesmith has secured a confidential settlement with too many noughts from taxpayers' money that could have been spent on protecting children. A court agreed she'd been unfairly scapegoated after the death of Baby Peter in London in 2007. The sacked former head of children's services at Haringey Council was paid around £132,000 a year in her post. What for, if not to take responsibility for the department she ran?

Then there are the lily-livered chief execs of the Big Six, an energy cartel in all but name. When invited to answer questions in Parliament about price rises, all but one, E.On's, passed the buck to an underling. All gas and no hottie.

It's elementary

I've been researching how the River Arun was moved in the 1730s. The mouth of the river at Littlehampton had to be shifted because it kept silting up. A block of flats on the seafront was later built on foundation piles as high as the 13-storey block itself, to raise it out of the old gravel river bed. Best of all, in 1863 the London, Brighton and South Coast Railway company paid to move the river so it could connect more towns in the Arun Valley. We think we can tame nature—until a hurricane force storm comes along and we scuttle back in our caves again.

And finally...

Do you believe in synchronicity? Six of us met doing a class, four of us have dogs. Two of the dogs are called George (long before the name was recently popularized.) and two were named Scruffy. Coincidence or canine conspiracy?

Contact Allis at allis.moss@chichesterherald.co.uk

Local Plan moves one step closer

Already the Plan has made progress in publishing the number of gypsy and traveller pitches needed in the district for both short and long-term occupation and more work will follow on identifying sites

CHICHESTER District Council's Local Plan moved a step closer to being submitted to the Planning Inspectorate, after councillors agreed that the Plan was ready for its final round of public comment.

The public will be asked a series of questions about the Plan. This is the final stage that the Plan has to go through before it is submitted to an Inspector. This will take place between 8 November 2013 and 6 January 2014.

Following this, the Plan will be subject to a public examination, held by an Inspector appointed by the Secretary of State. The Inspector is required to consider whether the plan has been prepared in accordance with the relevant regulations and is 'sound'. All the comments made now will be sent to the Inspector to assist this process.

"We have moved one step closer to taking back control of planning decisions on behalf of our communities," says Cllr Heather Caird, Leader of Chichester District Council.

"It is widely recognised that the council has been vulnerable to speculative development for some time as a result of not having an adopted Local Plan and a five year housing land supply.

"However, I feel confident that we are nearly there.

"Any further delays for the Plan just make us vulnerable to development of the wrong sort. We want the Plan to set a clear framework for development for the next 15 years, as well as the infrastructure that will be needed to service it.

"We appreciate the efforts of all of those who have taken the time to comment on the Plan and got involved in this process. Although we are unable to make all of the changes suggested, we have made some significant adaptions thanks to the input from our local residents and businesses. We all want to protect the area's most precious to our communities, protect heritage and landscape assets, as well as habitats and the Plan seeks to achieve this."

Once the Local Plan is in place the council will also be able to access further funding through introducing the Community Infrastructure Levy, to support projects needed by local communities.

Already the Plan has made progress in:

- securing new investment in waste water management with a new UV system in place at Apuldram;
- proposals for a new treatment works at Tangmere, and,
- successfully bidding for investment in feasibility works for much needed improvements to the road network from the Department of Transport.

Throughout the consultation process, the council has continued to seek the views of local residents and businesses and it has altered the plan to reflect some of the key comments. These include:

- the introduction of an AONB policy to recognise the importance of the harbour and surrounding communities;
- changes to the shape and size of the strategic sites;
- more work on green infrastructure and more will be done to protect the land needed for cycle lanes once more consultation has been carried out;
- publishing the number of gypsy and traveller pitches needed in the district for both short and long term occupation and more work will follow on identifying sites;
- balancing the needs of the existing community with that of the future, while having limited land to accommodate growth.

"We now have more people involved in planning than ever before," adds Heather.

"Nineteen communities are taking Government at its word and planning for themselves through Neighbourhood Plans.

"In addition, we are now looking at priorities for next year and high on the list is the master planning for the large strategic sites. We will again be encouraging the community to get involved in this discussion about the details of the proposals and to help us shape them.

"All of this is incredibly positive. Both the staff and Members of the council are committed to making sure that we bring people together around a new vision for the district, that we can all play a part in."

Chichester Local Plan: Key Policies Pre-submission 2014-2029 and all of the supporting documents are available for inspection on the council's website at www.chichester.gov.uk/newlocalplan or to request a paper copy to be sent to you, for a charge, please contact the council's Planning Policy team on 01243 534571 or email at planningpolicy@chichester.gov.uk. Alternatively, paper copies can be viewed at Chichester District Council at East Pallant House in Chichester and our area offices at Midhurst and Selsey during office hours. Copies are also in all the district's libraries.

Glaucoma - What you need to know

Nuffield Health Chichester Hospital would like to invite you to a free talk on Glaucoma by Nishani Amerasinghe, Consultant Ophthalmologist.

What is glaucoma? How is glaucoma treated? What happens during glaucoma surgery? Going home after glaucoma surgery (trabeculectomy). Come along to find out everything you need to know about Glaucoma and have all your questions answered.

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HRH visits Chichester

PATIENTS, VOLUNTEERS AND STAFF at St Wilfrid's Hospice enjoyed a wonderful afternoon in the company of HRH Princess Alexandra when she visited the Hospice on Thursday 24th October.

Princess Alexandra was met by the Lord Lieutenant of West Sussex, Mrs Susan Pyper, before being presented to the Chair of Trustees, Angela Wormald, and Chief Executive, Alison Moorey.

After meeting patients, families and staff on the ward, the Princess was led into the Hospice's award-winning garden, where she was presented to volunteer gardeners, Pauline Allaway and Ted Brown.

She then spent time in our Day Hospice where she sat and observed one of our creative arts sessions, and learned about our recent 'Wonderful Windows' project situated in the conservatory area of the Hospice.

She was introduced to Creative Arts Volunteer, Alice Pullan and Chichester College art student, Jess Myers who worked with patients on the project, which was launched in at the end of May this year. The project features colourful patterned squares designed by patients which have been fixed to the windows to make the area brighter and more welcoming.

The Princess also chatted with Day Hospice volunteers, Chris Whitworth and Janet Jones, and shop volunteer, Audrey

HRH Princess Alexandra at the Prebendal. Photo [illegible] Chichester Theological College Principal Fr Lutledge CBE

Adcock before enjoying refreshments in the Orchard Cafe area of the Day Hospice.

After signing the Hospice's Visitors' Book, Princess Alexandra was presented with a beautiful posy of blue irises and yellow roses by Day Hospice patient, Ros Brocklehurst, who was a keen participant in the Wonderful Windows project.

Chief Executive, Alison Moorey, said: "It was a privilege to welcome Her Royal Highness to St Wilfrid's Hospice and I know that many patients, volunteers and staff will carry fond memories of her time spent on the Ward and in the Day Hospice."

And HRH also pops into school...

HRH Princess Alexandra also visited The Prebendal School on West Street. She visited to mark the incorporation of the whole school on the West Street site. HRH Princess Alexandra was welcomed by pupils, staff, Governors and friends of the school. She also toured the Pre-Prep Department, attended a short concert and unveiled a commemorative plaque in the school's Richmond Hall.

During the visit, HRH Princess Alexandra talked to pupils Dominic and Edmund Harry whose grandfather, Vice-Admiral Sir Peter Ashmore KCB KCVO DSC, was Master of the Household at Buckingham Palace from 1973 to 1986.

She also met with former pupil John Paine who was a boarder at the school from 1944 to 1948 and looked after her mother, the Duchess of Kent, when she opened the school's Memorial Garden in 1947.

Head Master, Tim Cannell, said: "It was a lovely visit and the pupils were all very excited to be able to see HRH Princess Alexandra. We were able to show her the full range of facilities and everyone had a chance to meet her."

Senior Master and Chaplain, David Nason, said: "We invited a number of guests and friends of the school to share in this occasion and it was wonderful to welcome everyone. All the pupils, staff, parents, Governors and guests really enjoyed the afternoon."

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Summit success for Stuart

AN ALDINGBOURNE Trust employee has scaled great heights for the West Sussex charity when he successfully climbed Mount Kilimanjaro

Stuart Faulkner endured an eight day trek on the Lemosho route and overcame altitude sickness to reach the 5,895 metre summit on the 10 October.

Stuart said of his experience: "This was just about the hardest physical and mental challenge I've ever done but worth it in the end! We started out in temperatures of 30 degrees and it was minus 15 at the top! Camping out in minus 10 is no joke I can tell you."

Stuarts group consisted of people of varying ages and a few had to drop out because of altitude sickness which can be very severe, Stuart himself was affected quite badly during the last few hundred metres but his African guide Benson supported him and helped him achieve his goal of climbing Mount Kilimanjaro

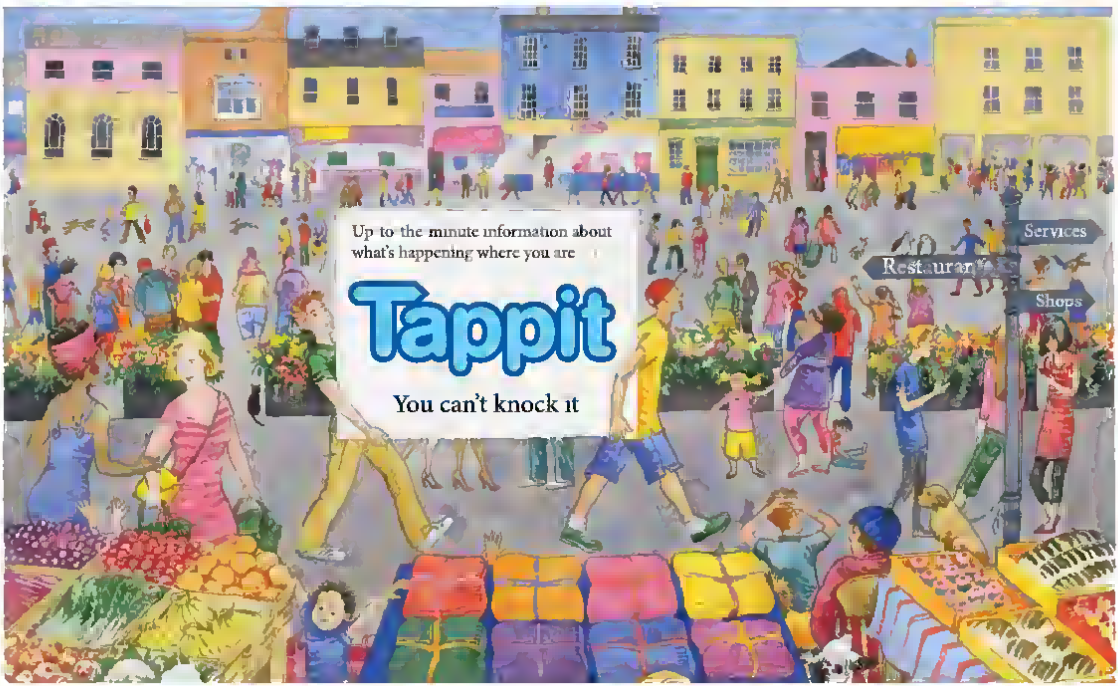
To date Stuart has raised over £400 in aid of The Aldingbourne Trust – a local charity that supports adults with learning difficulties. Stuart himself works part time for the Trust in the timber re-cycling department at the Aldingbourne Country Centre off the A27 near Chichester and is a familiar face around the site at the weekends

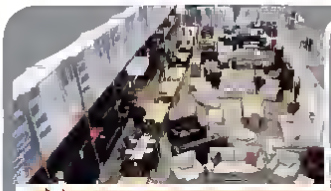
Many thanks to everyone's generous donations and to everyone who supported Stuart during his training and the climb, it is not too late to sponsor Stuart for his fantastic achievement – visit https://mydonate.bt.com/fundraisers/stuartfaulkner1

The money raised from Stuart's sponsored climb will go towards the Aldingbourne Trust's £4 Million Appeal. The aim of the Appeal is to raise money to develop the facilities at the charity's main site – the Aldingbourne Country Centre, and ensure the Trust can become more self sufficient and continue to support adults with learning disabilities

If you are interested in fundraising for the Aldingbourne Trust either by taking part in a sponsored event or any other fundraising activity, please contact Abigail Rowe, Fundraising Manager – abigailr@aldingbournetrust.co.uk 01243 544607

To discover more about the Aldingbourne Trust please visit their website www.aldingbournetrust.co.uk





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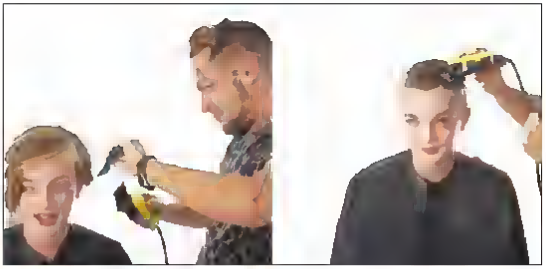
Brave young lady shaves her head for charity



Maasoi Bowley takes a [illegible] for charity

CREATIONS in Chichester are a salon known for its charity endeavours, so when 12 year old Madison Bowley approached the team to ask for help to shave off her beautiful hair for Cancer research, they were very happy to help

With Maddy's increasing awareness of how cancer affects us all, she felt she wanted to do something positive and raise money for Cancer Research UK. Maddy's mum was in full support as was her school, Chichester High School for Girls With the help of Gary Ashcroft, wig expert, from Creations and Venture Studios the fun took place and has so far raised £500

Salon owner Carolyn has always supported different charities She said "It is important to raise money to help our local hospices, and charities that have helped and touched all our lives at some point We get a tremendous amount of ladies visiting the salon for our wigs@creations service, many of which will be just starting their Chemotherapy and their hair will be starting to fall

"We make sure after a thorough consultation that we give them their confidence back by creating a new head of hair, wigs are fantastic quality nowadays and you would never know!"

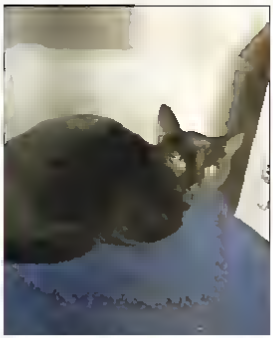
Abandoned at a building site

Cat and Rabbit Rescue Centre

It's our Christmas fayre this Sunday 3 November from 11am-3pm So come see our animals and grab yourself some Christmas bargains.

This poor little cat was brought into us recently after being found abandoned on a building site The builders found him in his cardboard pet carrier which had clingfilm wrapped around it He is such a sweet boy it's hard to imagine why anyone would abandon him in this way He's now been receiving lots of love and cuddles and has been renamed Brickl in after his ordeal

It's such a shame when we see so many animals abandoned in this kind of way We can only put it down to there being too many animals and not enough loving homes We try to prevent the number of unwanted animals through the promotion of neutering We also try to help as many people as we can with neutering vouchers to reduce the cost for the owner The centre is limited on what animals we can take because of space and animals staying with us to long If we could rehome more animals then we would be able to help more people



[illegible] was [illegible] found

Hundreds of cats and kittens are waiting for homes now The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ www crrc co uk Tel 01243 641409

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo

For your chance to win this amazing prize for two people, please answer the following photo question

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **news@theshiphotel net**

Last week's answer was: Crown & Anchor, Dell Quay

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Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 6 November 2013 at midday The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ship's Plank' The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ships cottage pie, parma ham and bresaola, whitebait, mini burger chicken terrine, king prawn & cherry tomato skewers and onion rings There is also an alternative A winner will be announced by the Ship Hotel every Wednesday Entry details may be kept on file

Photography by

Tel: 01243 773297
Mobile: 07983548459
www.rebekahgracephotography.co.uk

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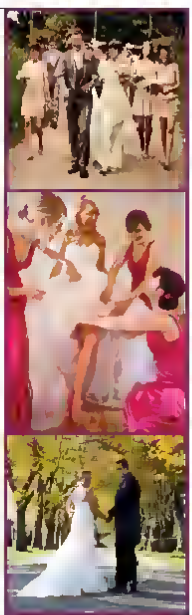

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Chichester Business

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Reputable oak furniture at affordable prices

FURNITURE AND MIRROR have just launched a new range of Driftwood furniture which is currently being showcased at their Chichester showroom in Terminus Road. As well as new ranges, there is an extensive choice of exceptional quality furniture which includes a wide variety of woods from chunky walnut to fruitwood and solid oak to reclaimed timber.

With just a 7 day lead time for delivery (with assembly where required) using their own in house delivery team, service is personal and reliable offering both competitive service and competitive pricing.

As well as having a second showroom at Worthing, Furniture and Mirror have been at their present showrooms for 10 years and trading as a business for over 30 years. With a wealth of knowledge in the furniture industry, they have kept up with current fashion and furniture trends to enable them to keep ahead of many other current players in the furniture market, with some really innovative ideas and designs for the oak furniture market. Whether it's a new dining table, chest of drawers for the bedroom, solid wood bed frame, living room book case or a unique mirror to finish the look of a newly decorated room, there is something for all tastes tucked away in their Terminus Road showroom.

Products are sourced responsible and sustainably where possible and they are full members of the Furniture Ombudsman scheme for their quality, service and excellence.

Whilst there are a number of retailers offering oak products in today's market, very few have the wide range, quality assurance, reputation and style of Furniture and Mirror.

Their Chichester showroom is open 7 days a week from 9.30am to 5.30pm (11am to 4pm on Sunday) with knowledgeable staff available to answer any questions you may have.

More information on their new ranges and current offers can be found at www.furnitureandmirror.com

Furniture and Mirror, Unit 5 6 Terminus Mill, Terminus Road, Chichester, PO19 8UN

Tel: 01243 783960 Email: famw@hotmail.co.uk

The new Balanced Wellness Centre – for the wellbeing of body and mind

HOLISTIC health brand Balanced Wellness has opened its first wellbeing centre in Chichester. Located on Northgate in the city centre, The Balanced Wellness Centre brings together alternative therapy specialists, fitness professionals and natural beauty practitioners.

The Balanced Wellness Centre offers a range of treatments with hand-picked, expert therapists. These include reflexology, reiki, homeopathy, EFT, counselling, bowen therapy, nutrition, craniosacral therapy, hot stones massage, NLP and more. All treatments are individually priced and are available Monday to Friday, between 8am and 8pm, and Saturdays between 10-4pm in one of the centre's five tranquil therapy rooms.

Kinesiology is also offered and is what lies at the heart of the Centre's sponsor Balanced Wellness. Given its potential, kinesiology is surprisingly less known in the world of alternative therapy. It incorporates nutritional testing and recommendations, body work and lymphatic massage, acupuncture pathways and emotional support and release.

Holistic fitness classes on offer in the Air Space fitness studio include yoga, pilates and tai chi. Classes are available early morning, during the day and in the evening. They may be block-booked in advance or are available on a drop-in basis and range in price from £8 - £11 per session.

They also offer nutritional supplements, beauty and skin-care products and information, all of which have been handpicked to offer the best in quality and efficacy. The Balanced Wellness Centre remains vigilant in using only the very best high-grade products – wherever possible they are chemical-free, non toxic and organic.

The Balanced Wellness Centre sees itself becoming a holistic hub for the local community – a nurturing space to come and relax, explore and experience alternative health and lifestyle. The centre will host seminars and workshops for learning and enrichment on weekends. Their first speed networking event for their professional practitioners and instructors was a great success with the next one to be held on 8 November.

On 16 November they are proud to host the "Wear Winter Well" Workshop with their Image Consultant covering colour, knitwear, the perfect coat and make-up. Nutritional experts will also be available for anyone concerned about how to look good and feel great throughout winter.

The Balanced Wellness Centre in Chichester wishes to build a reputation for supporting community health services and seeks to establish credible links with the NHS and local health related support groups. An advisory board is to be created to explore ways in which to monitor our outputs and help the Centre achieve this recognition. As practitioners and ambassadors for alternative health, the Balanced Wellness Centre and Clinics share a mission to support clients on their journey to a healthier and more balanced life.

Address: The Balanced Wellness Centre (Chichester) Ltd, 9 The Boardwalk, Northgate, Chichester, West Sussex PO19 1AR. Tel: 01243 278 511 Email: info@balancedwellness-chichester.co.uk www.balancedwellness-chichester.co.uk Office hours: 9am-5pm Classes & therapies: available 8am-8pm

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Local businesses offered a share of £40,000 to develop their websites

A POPULAR grant that allows businesses to apply for up to £1,000 to improve their websites is returning.

New and small businesses in the Chichester District are being invited to apply for a share of £40,000 to develop or enhance their websites.

Chichester District Council piloted the original scheme in 2002 and it ran until 2009. It proved incredibly popular helping companies to create jobs, increase business growth and bookings on websites, and in some cases even help companies start a website.

In total 300 businesses in the district benefitted from the money – from photographers to farmers – with many seeing their business turnover increase, some by up to 40-50%.

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Economy, Property and Tourism, says: "We're delighted that we can announce the return of this popular grant.

"Web development has moved extremely fast in recent years, and the way customers use the internet has developed significantly. People expect websites to work effectively on mobile platforms such as smart phones and tablets and they also expect to be able to book or buy online.

"We hope a wide range of new and existing small businesses will apply to access this money to develop or enhance their websites, which has become an essential part of business."

The £40,000 is funded from West Sussex County Council's KickStart programme and the grant scheme is being delivered by Chichester District Council.

Louise Goldsmith, Leader of West Sussex County Council, said: "Improving the economy of West Sussex is a major priority for the County Council and small and medium businesses play a hugely important role in creating jobs and growth. Being able to trade effectively online is so important these days so I am really glad to see the return of this grant fund."

Among the businesses who benefitted under the original scheme was Adsdean Farm at Funtington. The £1,000 grant helped the farm to diversify and launch its website. The business is thriving and its holiday let is accommodating guests from all over the world who book through the website.

Tim Hoare of Adsdean Farm, says: "Like most farmers we are always keen to look at new ways to secure our future. When the opportunity came up to get an enabling grant we jumped at it. Websites were still a relatively new idea then and we wanted to launch a website to promote the farm shop and secure booking for our holiday cottage. Since then we haven't looked back. The holiday let side of our business is thriving and we now get bookings from visitors from all over the world."

Tim Hoare of Adsdean Farm, who has benefited from the Enabling Grant Scheme

Businesses must be based in the Chichester District to qualify for an Enabling Grant and employ up to 10 paid staff or full time equivalent. The grant is for up to 50% of eligible costs up to a maximum contribution of £1,000. The deadline for applying is Thursday 20 February 2014.

For more information on the Enabling Grant Scheme see www.chichester.gov.uk/enablinggrants, email business.support@chichester.gov.uk or call 01243 534669.

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Cloudy with a Chance of Meatballs 2 (U)

THREE out of Five stars

Running time: 95 mins
Director: Cody Cameron, Kris Pearn
Starring: Bill Hader, Anna Faris, James Caan, Will Forte, Kristen Schaal, Terry Crews, Andy Samberg

The sequel to Cloudy With A Chance of Meatballs is brightly animated with likeable characters and a strong voice cast, but the plot feels weak and, some inspired animal food gags aside, it lacks the wit, invention and pace of the first film.

What's it all about?
Directed by Cody Cameron and Kris Pearn (a voice actor and story head on the previous film, respectively), Cloudy With A Chance Of Meatballs 2 is a sequel to the 2009 hit that picks up more or less where the first film ended, with inventor Flint Lockwood (Bill Hader) and his friends – weathergirl girlfriend Sam (Anna Faris), pet monkey Steve (Neil Patrick Harris), dopey surfer dude Brent (Andy Samberg), ultra-capable cameraman Manny (Benjamin Bratt), supercop Earl Devereaux (Terry Crews replacing Mr T) and Flint's dad Tim (James Caan) – leaving their giant food covered island home and being rehoused in San Franjose while Flint's idol, Live Corp head Chester V (Will Forte) brings in a clean up team and gives Flint a job at Live Corp to distract him.

Several months later, Flint and his friends still haven't been allowed to return to the island, so they decide to take Tim's boat to the island and are shocked to discover that Flint's machine is still operational and is churning out food-animal hybrids (Foodimals) such as tacodiles, shrimpanzees flamangoes and watermelephants. And when they realise that Chester V has tricked them and wants the machine for his own nefarious purposes, Flint and his friends have to try and shut the machine down before it's too late.

The Good
The characters are extremely likeable (Steve the Monkey is a real scene-stealer) and the voice cast are all excellent, though none of the them have quite as much to do this time round. Indeed, with no central romance in the sequel, the only character with anything approaching an emotional arc is Chester's under-appreciated ape sidekick Barb (Kristen Schaal, very sweet) and even Barb is under-used.

The brightly coloured animation is gorgeous to look at and every scene is packed with tiny details that will reward future viewings. The character designs on the Foodimals are inspired too, though you can't help feeling that all the creative effort in the film went into making food/animal compound jokes (pineappowl, hippopotatomus, eggplanatee, etc).

The Bad
To be fair, the film does have a decent gag rate, though they're more consistently amusing than laugh-out-loud funny and all the best jokes (e.g. "There's a leak in the boat!" Cut to a frightened leek) are in the trailer. Similarly, though the early part of the film has fun skewering Google/Apple/Microsoft etc with its portrayal of Live Corp, the rest of the film lacks that level of satiric invention and the plot feels increasingly weak as it plods along.

Worth seeing?
Cloudy with a Chance of Meatballs 2 is an entertaining sequel thanks to its talented comic voice cast and some superb animation but it lacks both the spark and the originality of the original film.

Sky Diary November 2013
by Pete Littlejohns

Mercury will make a brief appearance in the pre-dawn sky mid-month low down in the SE.

Venus will dominate the western sky at the start of November presenting a lovely crescent shape in good binoculars or small telescope before it gets properly dark and setting almost three hours after the Sun.

The red planet Mars is another pre-dawn object moving from Leo to Virgo throughout the month.

Giant Jupiter is the bright 'star' in the east rising around 19.30 in the constellation of Gemini, its apparent diameter and brightness increasing all the time.

Saturn, although faint, can be seen low down in the morning sky and will be very close to Mercury on the 26th.

Uranus and Neptune are in the S and SW respectively but are not easy targets.

The Moon again can act as a guide to finding these planets this month. The crescent Moon is close to Venus on the 6th, close to Jupiter on the 21/22nd and near Mars on the 27th.

The first peak of the Taurid meteor shower is favourable a couple of days either side of the night with a rate of around six an hour from fairly high in the SE.

We MAY be treated to a naked eye Comet very soon. Hundreds of small comets travel through space and around the Sun every year and it is notoriously difficult to predict their brightness. When Comet ISON was first discovered it looked promising but we will have to wait until the end of November/beginning of December, shortly after sunset, to find out.

Planetarium Shows and Dates
November 2013

Friday 15	7.30pm	Autumn Stars, Moon and Planets
Sunday 17	3.30pm	The Magic of Jupiter and its Moons
Friday 22	7.30pm	Mercury and Venus, The Inner Planets
Sunday 24	3.30pm	The Northern Lights
Friday 29	7.30pm	Remarkable Comets

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester.
Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at www.southdowns.org.uk

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B. ALVIN AND THE CHIPMUNKS
C. SCARY MOVIE

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 5th November 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Michael Carter from Chichester

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL 0871 200 2000

Be quick to sign up for Christmas crafty delights

We kick off on Saturday 2nd November at the Bassil Shippam Centre, Chichester with a selection of cards for Christmas, very unusual cards yet simple to make, bound to get a wow from the recipient

A very special workshop is being held at the Selsey Centre, Manor Road, Selsey where we will be making this stunning Christmas Treasure Box (pictured). With a total of 12 little compartments, this box would make a wonderful gift in itself but is also perfect for filling with treats of all kinds, diamond ring perhaps ?

All materials are included with light refreshments available. This project is suitable for all abilities as guidance is given at all times. Each participant will also receive a fabulous designer paper pack of 12 x 12 papers to take home with them plus full instructions.

All workshops and classes must be booked in advance to ensure materials are available for everyone, to do this either phone Maxine Payne on 01243 606096 or email maxine.payne@btinternet.com. Numbers are limited, so don't delay, book today!

MAXIMUM CRAFT CLUB will be holding a number of Christmas craft based workshops and classes in both Chichester and Selsey in the next few weeks, ready in time for all your festive needs.

Santas on the run for St Wilfrid's Hospice!

WHILE FATHER CHRISTMAS is busy over in Lapland, St Wilfrid's Hospice's own little elves are busy with preparations for this year's sponsored Santa Sprint & Stroll.

Organisers are hoping hundreds of santas will take part in the event on SUNDAY 8th DECEMBER, 2013 which is being held at the Weald and Downland Open Air Museum, Singleton.

Speedy santas can take part in the 5k off-road Sprint while the Stroll is a one-mile fun run suitable for all the family — you can hop, skip or jump it, whatever you fancy! Teams as well as individuals can enter in both events.

The idea is to raise as much money as possible for St Wilfrid's so we ask all participants to try to raise at least £30 in sponsorship.

This festive fundraiser is a great way to get family, friends and work colleagues together. There will be musical entertainment on the day and biscuit decorating for children, while the Real Father Christmas will also be there with the rest of the Christmas family in his grotto.

After sprinting or strolling you'll be able to warm up with a glass of hot fruit punch and enjoy some mince pies.

The first three finishers in the Sprint will receive a trophy and all finishers in both events will receive a medal.

Prizes will be awarded to those who raise the most cash. Santas will receive a free outfit and there will be goodie bags for children.

Registration costs £15 per adult for either category (or £20 to take part in both) and £5 per child aged five to 15 (there is no charge for children aged four and under).

Communications and Events Manager, Jill Dennison, said: "We'd love to see a sea of santas and we promise you'll have a sack load of fun whilst helping a very worthwhile cause in the local community at the same time."

For more information call the Santa Hotline on 01243 755827, pick up a registration form from one of our shops or register online at www.santa.stwh.co.uk

WHAT'S ON in your area...

• The next Air ACES talk is being held at the Chichester Park Hotel, Madgwick Lane, Westhampnett, Chichester PO19 7QL (behind Sainsbury's on the Chichester by-pass) on Monday 11th November 2013. The title of the talk is 'The Support Helicopter of Choice – the Chinook – and the part it plays in Afghanistan'. The speaker is Squadron Leader Craig Wilson (OC 'A Flight' 27 Squadron RAF Odiham).

• Charity Dinner, Brasserie Blanc Chichester on Sunday 1st December. Tickets £30 per person which includes a 3 course meal (choice of meat, fish or vegetarian) glass of red or white house wine and a coffee. A bottle of champagne for lucky ticket holder plus raffle with some great prizes.
50% of ticket price being donated to Dreams Come True.
Tickets available from Wendy Gray at Dreams Come True. Telephone 01428 726335 or e-mail wendy@dreamscometrue.uk.com

• Events run by Chichester Harbour Conservancy.
Sat 2 Nov – I Spy on the Solar Heritage. 11am / 1.5 hours.
A gentle trip on our solar powered boat for families with a special harbour-themed I Spy quiz. Prizes for all including the young at heart. Organised by Chichester Harbour Conservancy. Fee: £7.50 adults / £3.50 children. Booking Essential on 01243 513275. Meet: Harbour Office, Itchenor PO20 7AW. Parking in pay & display car park.

• Sat 9 November – Bird Watching by Solar Boat. 10.30am / 1.5 hours.
A gentle trip by solar powered boat to enjoy the harbour and look out for and identify the birds found in this Area of Outstanding Natural Beauty. Dress warmly and bring binoculars. Organised by Chichester Harbour Conservancy. Fee: £8.50. Booking Essential on 01243 513275. Meet: Harbour Office, Itchenor PO20 7AW. Parking in pay & display car park.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music – and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving PO20 2BP.
More details from Andrew@andrewperry.plus.com or 01243 774691.

• Autumn Production – The Thirty Nine Steps – 26th to 30th November. The Thirty Nine Steps – but not as you know it. Based upon Hitchcock's iconic film, this adaptation of John Buchan's spy thriller by Patrick Barlow (from an original concept by Simon Corbel and Nobby Dimon and by arrangement with Edward Snape for Fiery Angel Ltd) is both a ripping yarn and hilarious comedy. Due to the play's huge popularity Funtington Players have added a Saturday matinee to the usual evening performances of Tuesday to Saturday inclusive. Tickets will be £9 each and will be available by visiting www.ticketsource.co.uk/funtingtonplayers, the Funtington Players website at www.funtingtonplayers.org.uk, by telephoning the Box Office at 07565 464271, or by post by sending a cheque to the Box Office at The Old School Hall, Mill Road, West Ashling, Chichester PO18 8EA (SAE please).

• Monthly meetings carried out partially in Welsh, rest in English – all levels of Welsh welcome – meetings in members' houses – contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

You can enjoy the local birds by taking a gentle trip by solar powered boat

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Exquisite food @Cassons

Great food in elegant surroundings at Cassons, Tangmere

AWARDED a certificate of excellence in 2013 by TripAdvisor for their delicious food and relaxed dining, Cassons is now in its tenth successful year and features in all the major UK food guides including the Michelin guide, AA Restaurant Guide (for which they have a rosette) and many other local and national food publications.

The award winning chef, Viv, cooks sensational dishes prepared lovingly using the freshest and finest ingredients available. Viv is totally self taught with a wealth of knowledge and experience having worked in a number of countries and opened many successful restaurants before Cassons in 2003.

The menu is really quite unique with a strong French influence and the level of service is second to none. A trio of canapés are presented on arrival while you sip your aperitif and contemplate the varied menu choice. Signatures dishes include deliciously light and creamy Selsey crab, suckling pig with crackling and parsnip velouté, local Venison fillet with wild mushrooms and French inspired desserts such as 'Pain Perdu', a rich marriage of cinnamon, brioche and egg baked to perfection to create a light, soft centred sweet with intense apple flavours and fresh, punchy prune and Armagnac ice cream.

Each dish served is a work of art in its own right. From potato glass to lemon gel, complex coulis and veloutes to rich purees and delicate Jus, every dish has a multitude of intense flavours and complex tastes far superior to standard restaurant food. The menu changes every 6 weeks offering new and innovative recipes by Viv.

Whether dining at lunch or dinner, there is a wide selection of dishes to cater for all tastes and dietary requirements including vegetarian and gluten free options. The charming host, Cass, is very accommodating and passionate about the food served. He has a wealth of knowledge of both the menu and extensive wine list, which is several pages long and offers a wide selection of international wines. We tried a light and fruity Chilean Pinot Noir Reserva which complimented the rich flavours of the Venison and Suckling Pig with its notes of cherry and vanilla.

The restaurant also supports Water Aid, offering water to communities in developing countries without drinking water. This month they are holding a Water Aid gourmet night featuring an Ethiopian menu of traditional African cuisine including goat and curry infused dishes. The event will take place on Friday 29th November with a chance to win a dinner for four, Christmas hampers and much more. For more information visit their website.

Christmas bookings are now being taken. The restaurant is open for bookings on Christmas day as well as a Venetian themed menu on New Year's Eve. They also have a private dining room for occasions and events (as pictured).

www.cassonsrestaurant.co.uk
greatfood@cassonsrestaurant.co.uk
01243 773294
Cassons Restaurant and Bar, Arundel Road, Tangmere, West Sussex, PO18 0DU

Food and Restaurant Review

Portion size Satisfying
Service Personal and attentive, yet relaxed
Value for Money Superb food, very reasonably priced
Ambiance Cosy, relaxed and character interior

Lonely Britain: over half of families no longer have dinner together

MORE THAN half of UK households are ditching family dinners for home alone time, according to new research.

Now 59% of UK homeowners have dinner at a different time to the rest of the family, and 53% are snubbing the living room to watch TV in the bedroom, the study by Lloyds Bank Insurance revealed.

The Britain at Home report found that although the majority of homeowners live with a partner (90%) or children (54%), the nation is spending more time alone in the house.

Perhaps fuelled by the influence of technology such as tablets, laptops and multiple TVs in the home, more than one in six (16%) said they spend the most waking hours in the bedroom.

While a century ago the kitchen was purely a functional area for most households- it is now the most valuable room in the house, worth an estimated £4,909 on average.

A third (31%) of those polled said they spent the most time at home in the kitchen and over half (58%) now entertain friends there instead of the living room. UK homeowners have spent £413 on kitchen gadgets in the past year, with 41% investing in a coffee machine and 33% buying a bread maker.

Yet as the kitchen rises in popularity, the dining room appears to be falling out of favour. While two thirds (64%) of homeowners have a dining room, the vast majority (84%) say they usually have dinner in the living room.

Melanie Backe-Hansen, house historian and author of House Histories: The Secrets Behind Your Front Door, said: "Our homes have always reflected how we lead our lives. In modern Britain it's now common for our homes to contain more screens than people, and for members of the family to spend more time on their own after a busy day.

It is fascinating to see modern life taking its toll on how we use our homes. Although nowadays living spaces in the home are less defined than the Victorian period, and far more multi-functional, it seems the tradition of families sitting down to eat together may be impacted by longer working hours, more hectic social lives and the growing influence of technology."

The report also showed that despite spending less time with their family, Britons are more than happy to invest in what's inside their homes. UK homeowners spent an average of £4,813 on new contents last year, including furniture, appliances, technology and art.

Over three quarters (77%) of homeowners surveyed confess to splashing out on the home to improve their wellbeing. However, over one in five (22%) admits keeping up with neighbours and friends is their spending motivation, whilst a quarter claim TV and magazines as the main influences for sprucing up their living spaces.

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What's good about pumpkins?

Denise Kelly

THIS TIME of year pumpkins are everywhere you look, but have you ever thought about what a pumpkin actually is?

A pumpkin is an odd squash like fruit and grows from a flower. It comes from a fleshy plant that has seeds, and because it is classed as a non-sweet produce, it is also called a vegetable. But more importantly, pumpkin falls into many people's favourite categories of food for this time of year, and that is 'comfort food'. Even if you do not like pumpkin, you associate it with the Halloween season and probably can't avoid it!

So, is the pumpkin good for you?

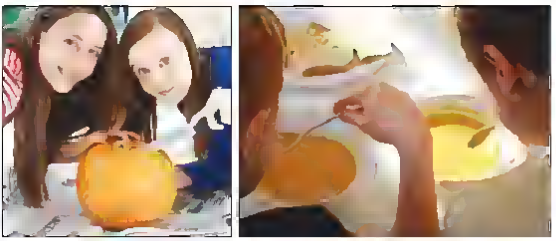
Pumpkin also has a usual nutritional profile, however because pumpkin has a low carbohydrate value, less than 4 grams for almost a cup of pumpkin, it is still a high quality food. This means that you can have a modest portion of pumpkin before it would really have any significant impact on your blood sugar level. Pumpkin is full of goodies such a beta-carotene, vitamin A and vitamin C and pumpkin and is a great source of anti-oxidants. So you could swap out your berries for the day to change things up and have a little roasted pumpkin as a side dish with your dinner.

Here are some ideas of how to eat your Halloween pumpkin while making the best of its nutritional value!

1. Chop raw pumpkin and add to a soup. This is delicious and it really adds flavour. It is best combined with beans, leeks, garlic and even carrots (although that can taste a little too sweet). If you are a meat eater you can add some roasted chicken in there too.

2. Boil the pumpkin and simply make it into a mash. The flavour is of course wonderful if you mix a little sweet potato too, or a few small white potatoes. Use olive oil instead of butter and use a little Himalayan sea salt to boost the flavour.

3. Add a little heat and saute up some onions and garlic until caramelized. You can add curry, and/or whatever herbs you like into the mix. Throw in some boiled, small chunks of chopped pumpkin and voila, there you have another delicious seasonal feast!



Megan Kelly and Abbie Robins get ready to carve [illegible] an Kelly and Tull, Robins' mate the mums pumpkin soup

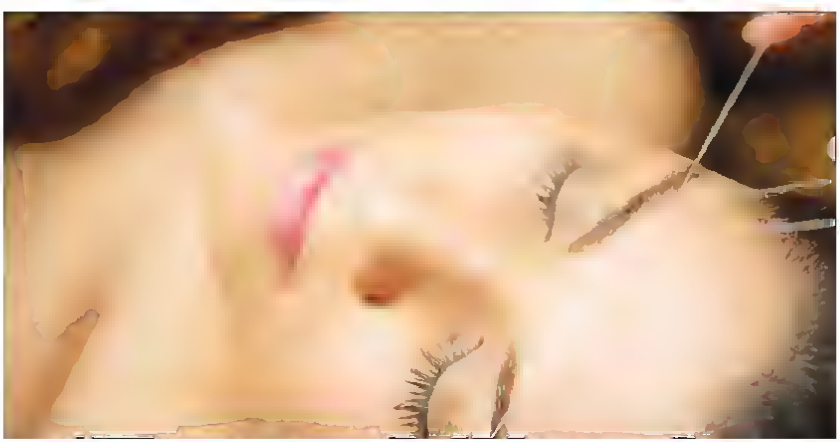
For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@denisekelly.co.uk or 01243 528040

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex.

Lemon balm tea: An easy-to-grow plant, lemon balm is helpful for lifting the spirits and it's amazingly good for keeping the winter germs away! It can also help improve concentration and lemon balm is safe for children too. It has been known to help prevent nightmares when consumed before bed.

Being well groomed shouldn't just apply to the ladies

In her quest to discover the many natural beauty products on the market, DENISE KELLY this week goes out to have a little 'Facial Threading'.



THIS WEEK I have been lucky enough to be invited to find out more about the ancient Indian technique of facial threading. Although I am aware that it's been around for centuries, when I was invited to have my eyebrows shaped by the lovely Liz Ware, I was very excited to try out threading for the first time.

This ancient Indian technique of natural hair removal can last for weeks after the treatment. When I went along to Liz's clinic I discovered that the process involves twisting a strand of 100% cotton thread, then rolling this thread over the hair and removing each strand at the root of the hair follicle. It's so simple, yet so clever and is extremely effective on the shaping and tiding of eyebrows. However it is also just as good on removing unwanted facial hair predominately on the lip and chin area. It appears kinder to the skin than waxing, as no heat or chemicals are applied to the skin so there is none of the unsightly initial redness of skin. Removal of hair by threading, results in the soft and smooth regrowth of hair, which is reassuring to know. I was utterly amazed at the accuracy of the shaping of the eyebrows. I was a little apprehensive to look in the mirror at my newly shaped eyebrows after the treatment, but what I saw was a fantastic, very polished shape, that still left the eyebrows in tack, but lifting the face shape, which lets face it, is always a bonus! Its amazing how that little bit of attention to the eyebrows can make such a difference? She then moved on to my upper lip and chin. (That makes me sound like such a hairy monster) to remove the soft downy hair. I felt nothing more than a mild plucking, it was over in seconds and there was no redness at all! My eyes looked great and my face was smooth. I am a very happy client!

Due to hormonal changes, I see many women who find an increase in upper lip and chin hair and I now think that threading is the ideal solution.

WARNING – Being well groomed shouldn't just apply to the ladies either. Eyebrow threading is becoming more popular with the men folk for a very natural but clean look for their eyebrows with not an unsightly mono brow in sight!

So, why not book your Christmas pamper session with Liz, or get a voucher for a present. She is professional and skilful, and will make you feel completely at ease.

For more information on all of Liz's wonderful treatments contact her on lizware@hotmail.co.uk or www.eyezalive.co.uk or 07789351343.

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Hannibal Lecter voted scariest horror film character

HANNIBAL LECTER is the scariest horror film character of all time, a new poll has revealed. The serial killer and cannibal from 1991 horror Silence of the Lambs, played by Anthony Hopkins, came in at number one ahead of Nightmare on Elm Street's Freddy Krueger.

Psycho killer Norman Bates was voted into third place, while The Shining's Jack Torrance, played by Jack Nicholson, and Chucky completed the top five.

Simon Redfern, director of corporate affairs at Starbucks, who carried out the survey to celebrate the return of its popular Pumpkin Spiced Latte said: "As the excitement builds around this year's coolest Halloween character costume, it's interesting to see it's the classic 'oldies' topping the list of the UK's scariest horror characters, with Hannibal Lecter at no 1 and Jaws also in the top 10.

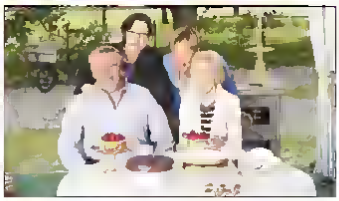
"We'll be celebrating the season with our own Halloween favourite, Pumpkin Spiced Latte. Now in its second year, it's proving a popular treat for Autumn."

Sixth place in the poll, of 1,000 people, went to Saw's Jigsaw, while Michael Myers from 1978 film Halloween was at number seven.

Leatherface, the villain from The Texas Chainsaw Massacre was voted into eighth place, with the Dawn of the Dead zombies at number nine.

The famous shark from Jaws completed the top ten.

The Great British Bake Off to move to BBC One



CHARLOTTE MOORE, Controller of BBC One, has announced that the hit BBC Two show, The Great British Bake Off, will move across to the nation's favourite channel for its fifth series next year.

The award-winning series, made by Love Productions, has been a phenomenal success on BBC Two since launching in 2010. Over the four series the show has grown in popularity to win record ratings, with audiences flocking in to see experts Mary Berry and Paul Hollywood judge the ultimate amateur baking competition presented by Mel Giedroyc and Sue Perkins.

Widely credited with reinvigorating baking throughout the UK, the series is currently the highest rating on BBC Two this year, so far averaging 7million/27.7% share (consolidated data), and a peak audience of 7.2 million who tuned in to watch last year's final.

Charlotte Moore says: "I've championed The Great British Bake Off from the very start and believe the time is absolutely right to bring the show to an even broader audience on BBC One. I've watched the series grow over the last few years and earn a special place in the nation's hearts. It's inspiring and warm storytelling at its best which celebrates the huge talent of enthusiastic and passionate bakers from all over the country. It's been fantastic to watch it flourish on BBC Two and I can assure viewers I will continue to cherish it on BBC One."

Charlotte Moore has been key to Bake Off's success, she was responsible for originally commissioning the show in 2009 in her previous role as Commissioning Editor of Documentaries alongside Janice Hadlow, and has supported the series throughout its time on BBC Two.

Anna Beattie, CEO of Love Productions and executive producer of The Great British Bake Off, says: "We're extremely proud that the show has captivated so many families and inspired so many people across the country and we aim to do everything we can to ensure its continuing authenticity and integrity. We're very grateful to all the support given to us over the last four years by Janice Hadlow and her team at BBC Two."

Richard McKerrow, Joint CEO and Chief Creative Officer, Love Productions, says: "It's a series that we've always been passionate about, but we never dreamt it could or would become as popular as it has done. It is tremendously exciting that The Great British Bake Off is moving to BBC One and we'll do our very best to make sure it remains a series that people love and want to watch."

Emma Willis, Head of Commissioning, Documentaries for BBC One, BBC Two and BBC Four, says: "Having executive produced Bake Off from the beginning and through all four series on BBC Two, I look forward to continuing its incredible journey on its new home on BBC One."

• HALF OF BRITS (49 per cent) will avoid kissing their partner when they have a cold, while one in three (32 per cent) will say no to more 'intimate' situations - according to a new survey of 2,500 UK adults by leading cough brand Covonia.

Female sufferers are more likely to abstain, according to the research, with 35 per cent not willing to have sex when their partner has the sniffles, compared with just 29 per cent of men.

However, men were revealed as the more caring gender in the battle of the sexes, with men twice as likely to cancel their social plans to stay home and nurse their partner back to health. One in twenty men has even taken a day off work to look after their partner when they have been poorly, compared to less than one in fifty women who would do the same if the shoe was on the other foot.

The research also revealed that less than half of people (44 per cent) feel sympathetic to those suffering from a cold, with one in three more concerned about catching it themselves. Interestingly, a quarter of those surveyed actually feel irritated when people have a cold, and one in nine (11%) admitted to avoiding their partner entirely when they are ill with a cold - as they are so miserable.

Horoscopes

Horoscopes from Kim! 1st - 7th November

Aries 21 March - 20 April

You need to show yourself the same tenderness you would show to others this week. Don't be too self critical. You have done well so far in coping with a difficult situation. Perhaps now is the time to ask for some support. Towards the end of the week there may be issues surrounding friends and travel.

Taurus 21 April - 21 May

Because you have some challenging decisions to make you are in a nostalgic mood and a little at sea emotionally. You are full of what ifs! Don't feed these insecurities. Give yourself a little time to reflect and you will soon realize that you did indeed make the right decisions and the ones you make now will be right too!!

Gemini 22 May - 21 June

Your life seems to be racing along almost uncontrollably at the moment. Although things seem exciting they can be quite frightening too. You have to trust that all will be well. This is a time for letting all those forces play out and you will be astounded at the results. The focus of excitement is on home and love.

Cancer 22 June - 22 July

You find change unsettling and this is a week of change. I know it's difficult for you to embrace this, particularly if it is significant or rapid change but things will truly turn out for the best. This week you need to focus on redrawing the boundaries in relationships or at least tackling some insecurity you may have.

Leo 23 July - 22 Aug

You may feel a little constrained at the beginning of the week and stifled. This is not the time to make bold decisions with regard to your domestic situation or your career. As you move towards the weekend your choices will become clearer and the benefits of being circumspect also. Then is the time to follow your heart.

Virgo 23 Aug - 23 Sept

Sometimes you are just too scared to deal with your own emotions but this is a great week for meditation, contemplation or just getting in touch with the inner you. There are positive financial and career changes forecast too but you need to make sure every 'i' is dotted and every 't' crossed if you are signing a contract!

Libra 24 Sept - 23 Oct

You may have been involved in formal therapy sessions recently or undergone some self analysis and now better understand your own physical and spiritual needs. This is a time for new beginnings, fresh starts and new challenges but this doesn't mean old friendships have to be abandoned. In fact this week could bring back an old flame back!

Scorpio 24 Oct - 22 Nov

You hold all the cards this week and are in a very powerful position but make sure you keep this to yourself. You do not want to be seen as smug or controlling. Play it cool and you should get what you want. This is a great week for parties whether it be birthday engagement or well just for fun!

Sagittarius 23 Nov - 21 Dec

You'll be making a hospital visit or dealing with someone in need of a little TLC sometime soon. Your attentiveness will be rewarded. This is a great time for nurturing that creativity that is so much a part of your being. Try to find time for that art or literary project you have shelved for far too long!

Capricorn 22 Dec - 20 Jan

You are beginning to realize that actually you are pretty good at what you do! Over the coming weeks more career opportunities will open up. If you make the most of this new found confidence your rise should be rapid if not meteoric!

Indulge yourself this week with a little shopping spree. Not too heavy on the plastic though!

Aquarius 21 Jan - 19 Feb

There is no point worrying about things you can't change. You are wasting energy if you do this. As the saying goes you have to "learn to accept what you cannot change." Focus on all the good things that are happening right now, have faith and trust that the cosmos may know better than you what is good for you!

Pisces 20 Feb - 20 March

You and only you can make the decisions that you know have to be made. Don't listen to so called "good advice" those delivering it may well have their own hidden agenda. Once you have made your mind up and start taking steps to make things happen you may well be surprised at who turns out to be your ally!

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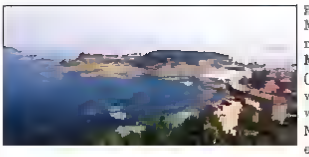
Demand up by 2,000% in some of Spain's hot spots



SPAIN'S LEADING holiday rental specialist Spain-holiday.com has identified some of the most in-demand locations for 2014.

According to Claus Sorensen, CEO, Spain-holiday.com: "Demand is up across the board but there is no doubt that rural areas have benefited the most. We have seen a huge growth in demand over the past year for fincas, masias and farmhouses in Catalonia, Galicia, Tarragona and just inland from Alicante – most of them rural spots, with some areas recording increases in enquiries of up to 2,000% year on year."

Here are a few of the rising stars:

Manresa, Barcelona – 2,000% increase

Less than an hour from Barcelona, the Manresa area has seen an astounding 2,000% increase in enquiries in the past 12 months. The region has it all – historic towns, a wonderful climate and unspoilt countryside, along with access to the coast's golden beaches. Nearby, the mountain of Montserrat stands tall with its unusually-named rock formations such as Cap de Mort (Death's Head) and La Prenyada (the Pregnant Woman) plus a fascinating working monastery and a museum with an Egyptian mummy and art by Monet, Degas, El Greco and Picasso all easily accessible. Some of Spain's most celebrated wineries are on the doorstep – plus a new motorway (C-37) has linked the Penedes wine district with the coastal area of Sitges, so sun-kissed beaches and vibrant Barcelona are less than an hour's drive away.

Where to stay: Casa Visal (property ref 13881) is a stylish eight bedroom/eight bathroom country house with views of Montserrat, a private pool and its own cave set amongst hills and forests. Prices in 2014 start from £2,120 per week for the property or £106 pp (20 sharing). Flights (Barcelona) extra.

Cunit, Tarragona – 2,000% increase

Cunit is the most northerly town on the Costa Dorada and has also seen a 2,000% jump in enquiries since last year. Located on an inviting golden stretch of beach, the coastline is protected by a series of breakwaters which form small, inviting bays. The Roman port city of Tarragona is within striking distance and includes remains of the Roman circus where chariot races were once held and the well-preserved Amfiteatre Roma, where gladiators battled.

Where to stay: Masia Lagostera (property ref: 13869) is a 17th century country house where the billiards table is housed in a former grain store and the owners produce their own wine and olive oil. Prices in 2014 start from £1,865 per week for the property or £143 pp (13 sharing). Flights (Barcelona) extra.

Hondon de las Nieves, Alicante – 700% increase

The idyllic village of Hondon de las Nieves is becoming a popular destination for British ex-pats, having seen an increase in enquiries of 700% year on year. Situated just inland from Alicante, Elche and Torrevieja, visitors benefit from a traditional village atmosphere and great outdoor activities including safari jeeps, horse-riding and paragliding. The village is also a mere 30 minutes' drive from the Mediterranean coastline.

Where to stay: Los Viñedos de la Solana (property ref: 3444) is a beautifully-restored former winery surrounded by orchards, located on the south-facing hillside of La Solana, close to Hondon de las Nieves. With four bedrooms (sleeps 10) this is the perfect family retreat. Prices in 2014 start from £596 per week for the property or £59 pp (10 sharing). Flights (Alicante) extra.

Baiona, Galicia – 466% increase

Situated in Galicia's Pontevedra province, enquiries for the resort have grown 466% year on year. With upmarket seafood restaurants, cobbled streets with 16th century houses aplenty, tropical white sand beaches and the swish Royal Yacht Club – a famous stop off point for boats crossing the Atlantic – it's not hard to see why this is where the Spanish choose to take their holidays.

Where to stay: Snap up this luxury six-bedroom villa (property ref: 15492) with a pool, a garden that stretches down to the sea and complimentary fresh bread delivered to the door each morning. Prices in 2014 start from £2,129 per week for the property or £177 pp (12 sharing). Flights (Santiago de Compostela) extra.

Spain-holiday.com's website also provides regularly-updated articles and blogs (many with excellent insider tips), detailed area guides, useful maps, plus lively and professionally-filmed HD video footage of a wide range of Spain's cities and coastal resorts.

For further information, visit spain-holiday.com.

Top winter holiday adventures

THE UK'S summer is drawing to a close, but that does not have to be an end to long summer days and exciting outdoor adventure. Specialist tour operator Journey Latin America has handpicked their top five winter adventure holidays. From trekking at the end of the world to 4x4 road trips in deep Patagonia and kayaking in the Antarctic there is a whole host activities to enjoy.

The iconic trek

The famous 'W' trek in Chile's Torres del Paine National Park is a spectacular 5 day trek taking in the French Valle, Lake Grey and the base of the towers that give the park its name. This rewarding trip explores the best of Patagonian scenery: towering ice-jacketed mountain peaks, glaciers and gem-clear lagoons.

Experience it: Journey Latin America's Walking Holiday in Chile includes the 'W' trek and cost from £4077 pp including flights.

4x4 Adventure

There is no better way to explore Patagonia than in your own car. The freedom and flexibility lends itself perfectly the off the beaten track dirt road and jaw-dropping scenery. This holiday explores the little visited Aisen region before continuing to the famous Torres del Paine National Park.

Experience it: Journey Latin America's Self Drive in Deep Patagonia costs from £4346 per person. Including flights.

An Antarctic Adventure

A trip to Antarctica is a mind blowing adventure in itself. However, this exciting trip also offers the opportunity to go camping, hiking, cross-country skiing, snow-shoeing, mountaineering, kayaking, swimming and scuba diving. This trip gives a truly one in a life time experience for lovers of outdoor sports.

Experience it: Journey Latin America's Active Antarctica costs from £5022 per person.

Unmapped trekking

Trekking at the end of the world in Argentina's Tierra del Fuego is the ultimate wilderness trekking. Areas of the trek are unmapped and the route is only known by local specialist guides. This exhilarating adventure explores the stunning Fitzroy mountains range in El Ghalten before continuing south to Tierra del Fuego.

Experience it: Journey Latin America's Patagonia on Foot includes the End of the World trek and costs from £3590 per person.

Luxury Adventure

An Adventure holiday doesn't always mean you have to forgo luxury. This active holiday stays in Chile's most luxurious accommodation, so you can go out riding all day and return to the hotel for a massage and champagne in the hot tub.

Experience it: Journey Latin America's Luxury Riding holiday in the Atacama Desert and Patagonia costs from £5768 per person.

David Nichols, Product managers says: "South America is the ultimate playground for those who enjoy the outdoors. Patagonia, particularly during the summer month when the daylight hours are longer, allows for hours of glorious trekking surrounded by some of the most spectacular scenery on earth."

For more information, visit journeylatinamerica.co.uk.

Brits account for 29% of World Cup searches

TRAVELLERS have already started searching for their hotels during the 2014 FIFA World Cup, according to hotel comparison website trivago.co.uk. Brits accounted for 29.1 per cent of all hotel searches made on trivago during June, July and August 2013 for any Brazilian city during the World Cup period (12th June to 13th July 2014).

Following the UK was Germany, which accounted for 21.9 per cent of all searches. In third place was the USA with 14.2 per cent of all searches, followed by France with 7.3 per cent and Sweden with 4.8 per cent.

The 2014 FIFA World Cup will take place in a total of 12 Brazilian cities between 12th June and 13th July 2014, including Rio de Janeiro, Brasília, São Paulo and Fortaleza.

It is surprising to learn Brits are already making travel plans, considering a British team has yet to qualify for the 2014 World Cup. However, with Brazilian hotel prices likely to soar during this period, perhaps it is wise to book early.

On the water

ALL THE LATEST WATER SPORTS NEWS IN CHICHESTER

Windsurfers chase the storm

(Credit: Simon Bassett) Windsurfers take on the early morning weather

AT FIRST LIGHT on Monday morning windsurfers from West Wittering Windsurf club were up trying to get to the beach. Storm force winds overnight had downed trees and made it hard to get to West Wittering beach.

At just after 8am the beach opened as the storm passed through where gusts of wind were still in the 45 knot range – gusts had been over 70 mph at 5am according to local weather data.

Roscoe Moore 27, from West Wittering, James Randall 23, also from West Wittering and Olli Acton 23, from Emsworth are all RYA windsurf instructors from X-train and were out enjoying the strong winds and riding the waves.

Boats sunk by storm

FOLLOWING Sunday and Monday's stormy weather with winds peaking at 70 knots in the early hours of Monday 28 October, the Harbour Patrol and Harbour Rangers were out early to check on the state of the harbour.

The majority of boats were fine, a couple have come off their moorings and two have sunk. The Harbour Patrol is contacting all owners. Sid Kennet, Harbour Hand in Emsworth was on the scene at dawn this morning securing boats and checking moorings. Sian Cranny, Director said: "Our moored boats have fared very well with this extreme weather, the Conservancy moorings are generally safe and secure and are maintained to the highest standards. Patrol have secured a number of boats and moved some to more sheltered moorings. We are also closely monitoring any developments at East Head as a result of the stormy weather."

A number of trees are down around the harbour, including a large one which has fallen across a footpath at Maybush Copse. The Harbour Rangers will be dealing with these over the next few days.

With more bad weather forecast for this weekend please make sure your boat is prepared for harsh weather.

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...they are only this little... for a little while...

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Voucher Code NEWS50

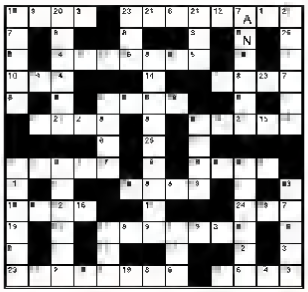
Terms and conditions: Valid for all new bookings made before the 31st December 2013. The £50 covers the New Born session and preparing of images for you to view and a 8x6 image of your choice. £50 payable at time of booking.

Brain Gym

No.142

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	15
3	16
4	17
5	18
6	N 19
7	A 20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions

1 B	2 L	3 N	4 Q	5 Y	6 T	7 D	8 M	9 C	10 V	11 X	12 G	13 F
14 I	15 J	16 S	17 E	18 K	19 A	20 W	21 O	22 P	23 Z	24 R	25 H	26 U

Wordsquare

M	T	Y
O	E	E
N	N	J

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 'S' are permitted. There is one 9-letter word to be found

How you rate

8 words - average;
12 words - good;
16 words - very good;
20 or more - excellent.

Last week's solutions

ably ant bar beam belt ball barn blam blat, bleam, brain brat bnt ent bam bait, bar nail rail rain rant rent rein ria...bia...tail tarn Tbax, tibial trail train trial, tribal

Double Crossword

Choose either quick or cryptic clues

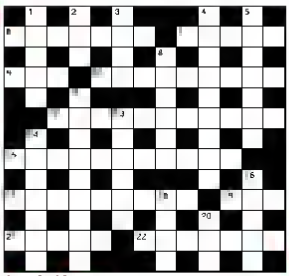
Cryptic Clues:

Across

6. Beginning age in, we learn afresh (7)
7. Exhausted writer found in the street (5)
9. A shore having no mineral residue (3)
10. There's no profit in it (4,5)
12. At which to obtain something that might mean a great deal to someone? (7,4)
15. A novel that shouldn't corrupt, though there's not a word of truth in it! (4,7)
17. Give-away lines? (4,5)
19. Tear in strips (3)
21. Don't worry, it's right to break an adel (5)
22. Returns from business (7)

Down

1. Clipped trees into shape (5)
2. It is given to a bishop to understand (3)
3. It is a very great headlight (4)
4. He may get a poor press, aptly enough! (6)
5. Joint that gets dusted? (7)
6. Some restrictions are severe (6)
11. Ideal material for a plinth? (4,5)
13. Does this hen lay golden eggs? (6)
14. 2/1 the for 25 cents (7)
16. Investment, but not necessarily of capital (5)
18. Naut cal guy (4)
20. Stamp that is under a penny (3)



Quick Clues:

Across

6. Changes (7)
7. Coach (5)
9. Merry (3)
10. Meritorious (8)
12. Make conform to a norm (11)
15. Careful (11)
17. Analysed minutely (8)
18. Reefent (3)
21. Cancel (5)
22. Lay down (7)

Down

1. Sum (5)
2. Day before (3)
3. Impel (4)
4. Prudent (8)
5. Treat as a celebrity (7)
8. Comment (6)
11. Is prominent (5,3)
13. Observe (6)
14. Wise (7)
16. Swift (5)
19. Always (4)
20. Enemy (3)

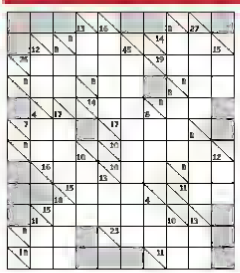
Last week's solutions
CRYPTIC – Across 7 Body-snatching 8 Even song, 9 Teen 10 Eraser 12 Eskimo 14 Metric 16 Secede 18 Calf 20 Vendetta 22 Gross receipts Down 1 Converge; 2 Hyenas, 3 Units, 4 Stagger; 5 Shrek, 6 Knee 11 Recovery 13 Meditate 15 Refuse 17 Credit 18 Aire 21 Nice QUICK – Across 7 Controversial 8 Strangle; 9 Earn 10 Behalf 12 Impose 14 Assume 16 Troupe 19 Lass, 20 Dictatorship 22 Income tenate Down 1 Fortress 2 Strata 3 Long 4 Derelict; 5 Asleep 6 Farm 11 Rentrash, 13 Separate 15 Upshot, 17 Outcry 19 Aunt 21 Lido

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?

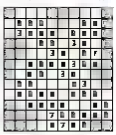
Last week's solutions
The letter represented by the question mark is P. Pumpkin, spinach, parsnip, all vegetables.

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block

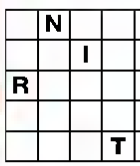
Last week's solutions



Scribble pad

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off



A

P	I	V	E	R
T	O	N	E	T
O	V	A	N	E
N	E	L	O	R
I	N	L	E	R

B

Last week's solutions
Laces Avert Cedar Erase Strew

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

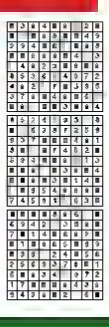
5		8		7		8		3
	2	6		3	1			
			9				7	5
6				1	7	4		
	4	2				1	3	
1		3	4					8
	5				2			1
			1		5	7	2	
2		1		8		9		4

Intermediate

5	3				6			
9	2		7			1		5
	7			9		2		
			3			4		
3		2		4	5			7
	4	1			8			
			5				4	
2				8	7		3	9
			6			5	8	1

Difficult

	1		9					4
6		5			3		2	
				2	5			
						9	4	
	9	6		7		3	8	
		7	3					
					3	2		
	3						8	
1						7		5



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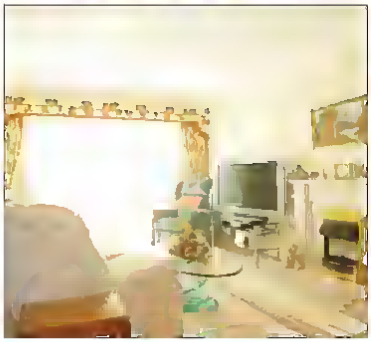

Bursting the property bubble

JOHN ELLIOTT, Managing Director of Millwood Designer Homes, has been the voice of the property market's recovery, fighting its corner against the cynical commentators for their negative portrayal.

For John, the property market has been showing strong signs of a sustainable recovery for some time. Now it appears that he is not the only one with this view, as he explains:

"I have found the past year very frustrating. It seems that for every positive story in the press about the property market, there are five negative ones. Most of the time it is sensationalism rather than fact.

"The latest negative story is that increased mortgage lending and spiralling house prices risk causing a housing bubble, similar to what we saw pre-recession. However, the Bank of England governor Mark Carney has been quick to hit back, believing that these concerns are unwarranted, and vowing to act at the first sign of trouble.

"Let's not forget that times have moved on. The Bank of England doesn't just rely on interest rates in order to contain risk. There are numerous tools they can use to secure the property and financial sectors, doing everything they can to monitor the risk of unstable credit and house-price growth, acting immediately if needed.

"In a recent interview with The Sunday Times, Paul Fisher, the Bank's executive director for markets, was also quick to hit back at the criticism, insisting that its new policy of providing forward guidance on interest rates was working and dismissing the housing bubble fears as hype.

"The reality is that no one wants another recession, but sensationalism can often be worse than the problem itself. People are forever talking about what might happen, rather than focussing on the facts.

"The UK economy is said to be at a rate at which recovery is self sustaining, with households' debt servicing costs relative to income below their 20-year average, similar to where they were in 2003.

"Economic activity is also improving. A recent report from the National Institute of Economic and Social Research revealed that output grew by 0.9% in the three months ending in August.

"Yet people are still saying that we are heading for this great, big fall. The reality is that the conditions indicate a sustainable growth over the medium term, most importantly at a pace that is likely to be measured rather than rapid. I read an interesting article in The Sunday Times Bricks & Mortar section recently, which reported that the tempo of the market in most places is quickening, not racing away, particularly when you look at current house prices.

"So what is fuelling the fears of adverse market conditions? Increases in transactions and mortgage lending apparently, even though these rises are from a low base. The Government's Help to Buy equity loan scheme (which has hit 10,000 reservations since it launched in April), and effectively underwrites 95% mortgages and allows people buying newly-built homes to proceed with a deposit of just 5%, is one factor being blamed.

"However, Charles Goodhart, a former member of the monetary policy committee and consultant to Morgan Stanley, is in support of the scheme, recently predicting that it could lift the construction of new homes by 30% to 40% by 2015, compared with last year.

"It is important to remember that we are still well below the figures we saw pre-recession. Residential sales in July were 18.5% higher at 88,690 than July last year. When you compare that to July 2007's figure of 138,630, things are hardly spiralling out of control.

"The Royal Institution of Chartered Surveyors (RICS) recently said that it believes the housing market is on the road to recovery, reporting the highest number of potential buyers seen for four years, with house prices rising across the country for the fourth consecutive month.

"The positive feelings are further supported by the Council of Mortgage Lenders, who recently reported that first-time homebuyers are rushing back to the market as confidence grows and mortgages become increasingly available. 68,200 first timers purchased property in the second quarter, the highest quarterly number since the pre-crisis peak of the property market in 2007. First time buyers are the lifeblood of the property market, so this increased activity is very good to hear.

"So does this all sound like the bubble is going to burst? We are going to have waves of recovery, some months things might speed up while in other months they will slow down. You have to take a step back and look at the overall picture. We are still very far away from the over inflated figures pre-recession, and I doubt anyone wants to see us get that high again. What we want is steady sustainable growth, and that is what we are getting. I don't think the bubble is going anywhere, so perhaps it is time to stop pointing a finger at it."

Millwood currently has a range of properties in locations throughout Kent, Surrey and Sussex. For more information about any of the developments, visit millwooddesignerhomes.co.uk.

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Barratt set to take the wraps off new homes in Chichester

BARRATT is set to showcase the very latest in home design when it unveils its brand new Chichester development this month

The first phase of Canal Walk in Southfield Close opened on Saturday October 19 with the five star housebuilder already reporting high levels of interest in the two, three and four bedroom properties.

Barratt sales director Michelle Storer said the showhomes will give buyers a great insight into the style and quality of homes being built at Canal Walk

"Homes at the new development have been created to provide the styles of modern living that buyers are searching for in a new home," said Michelle

A total of 112 homes are being created at the development and features of the homes include traditional looking exteriors to complement the surroundings together with modern and airy interiors and flexible layouts

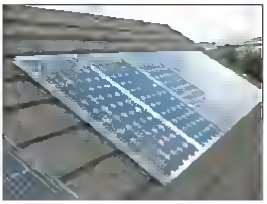
Energy conservation is also high on the Barratt agenda with the new homes designed to be as energy efficient as possible and offering huge energy cost savings over older homes

"We believe this development ticks all the boxes in offering buyers exactly what they are looking for in a great rural location but with easy access to Chichester city centre and the A27."

And buyers at Canal Walk will also be able to take advantage of buying with Help to Buy – the government backed scheme for first time buyers and those moving up the housing ladder

Under Help to Buy you will own 100 per cent of your home and the scheme is made up an equity loan and mortgage guarantee. Buyers need only need a 5% deposit to qualify for the best mortgage rates and then the Government will lend you up to 20% of the value of your property through an equity loan, which is putting home ownership within reach for thousands of people who previously weren't in a position to move

Solar savvy householders could reclaim VAT



HOMEOWNERS who have installed solar panels could be set for a windfall thanks to a new European Court ruling

The EU Court of Justice recently ruled that an Austrian homeowner could claim back VAT on solar panels he had installed at his home. Thanks to this ruling it means that homeowners here in the UK could soon be able to reclaim VAT on domestic solar panels.

However, not everyone is happy about this development, especially the UK government, as the ruling could open the flood gates to an estimated 250,000 UK households with solar installations claiming back over £150 million in VAT

Having only introduced their Green Deal initiative last year, which provides subsidiaries for green energy installations, the decision by the EU in this case could significantly undermine the government's funding on solar energy

Brent Goodwin, VAT Manager at Chartered Accountants Newby Castleman, sheds some light on the new development

The Court of Justice ruling found that the operation of solar equipment to sell back electricity to an energy network counts as an economic activity, meaning the owner could claim back the VAT on the cost of the initial system purchase. Such a ruling could mean big incentives for home owners looking to install solar panels, but implications for HMRC both due to the potential cost, but also the administrative burden of processing thousands of VAT registrations

Having said this it is still all very much up in the air when it comes to how the UK government will react and handle this decision. The verdict of this case also comes at a time when the EU is also trying to force the UK government to raise its reduced VAT rate on solar equipment from 5% to 20% and this ruling has thrown another complication in the government's strategy on household renewables

On such an issue, homeowners looking to claim back any money on green energy installations should seek professional advice first before acting."

For more information about VAT advice and our other services, visit newbyc.co.uk.

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ALDWICK **£595,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach The very well presented property includes a spacious entrance hall cloakrm, a living rm good sized conservatory/din ng rm kit/breakfast rm utility rm, gl fl bedrm with en suite bathrm, further gr fl bedrm/study first floor bedrm with en suite shower rm family bathrm, detached dble garage with study/office over secluded Southerly gardens. EPC Rating C

ALDWICK **£675,000**

Spacious & interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West w ng of approx half of the original detached house G.F.H. & solar panels majority dble glazing impressive dual aspect open plan living rm plus sep d ning area sun rm kit/breakfast area shower rm first fl reception rm first floor kitchenette master bed with en suite shower rm 2 further bedrms bathrm, dble garage and good sized grds with access to a small copse which is collectively owned by the residents EPC RATING E Further 3 bedroom adjoining flat/annexe now available EPC RATING D

ALDWICK **£375,000**

A versatile detached chalet house situated in quiet location within 400 yards of shops The property has been extended and refurbished by the current owners Lounge second reception room/bedroom ground floor bedroom & shower room impressive rear 25' kitchen/breakfast room master bedroom with en suite bathroom two further double bedrooms family bathroom garage and gardens EPC Rating D

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marine estate approx 150 yards from the private beach The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u.P.V.C. dble glazing dual aspect living room with doors opening to the West facing area of garden fitted kitchen & bathrm three bedrooms garage and the use of the South facing communal gardens. EPC RATING C

CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H., u.P.V.C. double glazing, 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating: E

ALDWICK **£157,500**

A three bedroom maisonette situated in an excellent residential location within 300 yards of the beach The property has g.f.h., dble glazing, dual aspect lounge kitchen/dining room, first floor bedroom a second floor bedroom with access to a balcony a further second floor bedroom with separate w.c. EPC Rating: E

ALDWICK **£130,000**

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets replacement shower room refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room EPC rating is C

Motors

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New Citroen Grand C4 Picasso to make public premiere at Gadget Show Live

THE New Citroen Grand C4 Picasso will make its UK public premiere on the Citroen stand at The Gadget Show Live @Christmas from Friday 1 – Sunday 3 November. Visitors to the show will be able to 'discover the world inside' Citroen's brand new 7-seat MPV, which offers class-leading versatility, space and economy.

Befitting its debut at The Gadget Show Live, the New Grand C4 Picasso is packed with convenient and innovative technologies such as dual display screens – a 7" touchscreen and a customisable 12" panoramic HD screen – which are a stylish and smart way of keeping users connected and in control.

There is also '360° vision', an exclusive feature in the segment, that gives the driver a bird's eye view of the area around the car through the integrated 12" HD screen on the dashboard. To make parking even easier customers can also benefit from Park Assist', which provides automatic assistance when manoeuvring into a tight parking space, whether parallel parking or reversing straight back. There is even the option of a motorised front passenger footrest and massaging front-seats as luxurious technological touches.

Designed with the modern family in mind, the sleeker, more dynamic next-generation New Grand C4 Picasso – which will be launched in the UK in January 2014 – offers sophisticated styling with ground-breaking proportions. Carrying up to seven people across three rows of seats, the model also offers the widest boot in the class.

Thanks to a new lighter platform, improved aerodynamics and optimised engines, the New Grand C4 Picasso is able to deliver class-leading CO2 emissions – from just 98g/km – and 74.3mpg combined cycle fuel economy.

Citroen's show stand will also display a DS5 Hybrid4, a DS3 and an augmented reality display of DS3 Cabrio.

For more information or to book tickets to The Gadget Show Live @Christmas, visit gadgetshowlive.net

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05	55	AUDI A8 3.0 TDI QUATTRO SE AUTO Blue Met beige leather 98,000 mls	£7995
04	04	LANDROVER FREELANDER TD4 HSE Silver, full black leather, 70,050 mls	£7195
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99	T	MERCEDES S CLASS COUPE CL320 Auto Mineral, 63,671 mls	£3999
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06	06	AUDI A4 TDI SETDV Aluminium Silver, 125,000 mls	£5000
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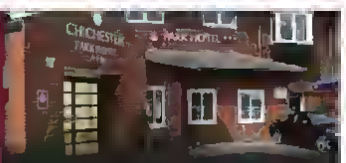

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Straight from the commentary box

His nickname is 'the machine' and with good reason

Johnny Cantor

NEVER GO BACK. It's a phrase often used in football. Have to say I probably would agree on most occasions. The second spell for a player at a football club often never lives up to the hype and expectation.

One man desperate to prove the naysayers wrong is Andrew Crofts. I vividly remember commentating on so many of his goals as they were so often winners. The glancing header at Exeter away in the pouring rain. The drilled shot against Southampton in Gus Poyets first game in charge.

He has the knack. He also has an incredible level of fitness. Goals often come late in games as he keeps going when others falter. He's aware in the box like a striker.

His nickname is 'the machine' and with good reason. After a frustrating spell at Norwich with relatively few opportunities the former Gillingham captain is back at the Albion. Some fans got on his back initially but hampered by injuries he now looks back to his best. The half volley against Watford was so nearly followed up by something even better. Only former Arsenal keeper Manuel Almunia could deny him.

He is now the joint top scorer for the club this season and if he maintains his regular place in the side he will be a valuable asset with so many players out long term.

I certainly feel the Albion have missed another old boy this season. Dean Hammond showed experience and determination during his second spell at the club last year. There didn't seem to be enough room for both in Poyet's side but at least Crofts is relishing his starting and starring role under Oscar Garcia.

Welcome back Crofty. I for one am glad you're back.

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Football

City victory in 'must win game'

By Chester Browton

CHICHESTER gained a valuable three points in what bosses Neil Sherlock and Sean Forry described as "a must win game" against Hailsham.

The Stringers arrived at Oaklands Park having recorded only one victory all season, although they were considerably strengthened by the capture of Dan Leach from Bexhill 24 hours before kick off. And it took the hot-shot striker precisely three minutes to get off the mark, springing the Chichester offside trap and booting into an empty net with Anthony Ender stranded.

But within a minute Chichester were level. A delightful cross came in from the right and Morgan Forry directed the ball into the top corner with a powerful header.

Then, an offensive move from Hailsham on 16 minutes was thwarted, leading to a quick counter-attack to the other end. Alex Ansa ballooned a shot at goal that appeared to lack power, but Sheldon Levett didn't make any kind of save and City were 2-1 up.

Chichester were now getting into their stride and another goal attempt was cleared off the line by a Hailsham defender but, with the rain bucketing down, good football was now becoming virtually impossible.

Connor Cody rifled the ball just over on 62 minutes following a Forry corner and 10 minutes later Hailsham had a narrow escape when the dicey Levett kicked straight to Dom Burbridge, whose rebound was marginally wide.

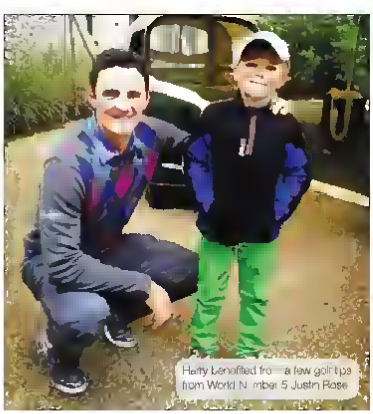
Cody then bagged the third City goal on 74 minutes, reacting quickest to out-manoeuvre some sluggish Hailsham defenders when Luke Killner delivered a floated free-kick into the box.

Success for Chichester was now assured, while the misery was piled on for Hailsham when sub Alex Thompson showed his frustration by lashing the ball away with three minutes remaining, thus earning himself a second yellow card.

City: Ender, Heath, Madden, Cody, Boniface, Killner, Eliatchford, F Smith, Burbridge, Ansa, Forry. Sub: Groom.

Golf

Goodwood champion at seven years old



Harry Lenoffed fro a few golf tips from World N mber 5 Justin Rose

ONE OF GOOD'WOOD'S most promising junior golfers Harry Callow has won The 2013 Junior Trailblazers Order of Merit in his first competitive season at the age of just seven.

Harry is a member of Golf At Goodwood's widely acclaimed Junior Excellence programme and won a staggering five tournaments this season on his way to winning his 5-7 year age category. The Midhurst based youngstar who was given his first set of clubs aged five will now go on to compete in the Trailblazers National Tour Championship at Hever Castle on September 8th 2013.

The Trailblazers Tour started three years ago and aims to provide young boys and girls with a similar experience to that of the professionals on the PGA European Tour and Ladies European Tour.

Harry's rapid progress is attributed partly to his natural flair for the game but also to Golf At Goodwood's highly successful Junior Excellence programme which coaches the juniors through all aspects of the game including technique, strength and conditioning, nutrition and psychology. More recently Goodwood's achievements in junior golf have been recognized by the English Golf Union who have selected the venue as one of only ten "England Regional Performance Centres" throughout the country.

Earlier this season Harry benefited from a few golf tips from World Number 5 Justin Rose. The 2013 US Open Champion is a global ambassador for Goodwood and met Harry while giving a group clinic to some of the 60 junior members at Goodwood. This season he has been providing invaluable help to the Estate's golfing team promoting its junior program and inspiring new golfing stars to emerge throughout the UK.

The Trailblazers Junior Golf Tour aims to provide a fun and friendly stepping stone, setting juniors on the right path for their golfing future and ensuring they enjoy a taste of competitive play whilst igniting their passion for the game.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST P@ESTON	11	31
2	HASSOC@S	11	24
3	LITTLEHAMPTON TOWN	11	22
4	LINGFIELD	12	21
5	HO@SHAMYMCA	11	20
6	C@OWS@@OUGH ATHLETIC	11	20
7	SELSEY	11	19
8	EAST G@INSTEAD TOWN	11	18
9	NEWHAVEN	11	17
10	DO@KING WANDERERS	11	16
11	RYE UNITED	11	15
12	ST FRANCIS RANGERS	11	15
13	CNICHESTER CITY	11	14
14	ARUNDEL	10	12
15	PAGHAM	11	11
16	SHO@EHAM	10	11
17	LANCING	11	8
18	@INGMER	10	6
19	HAILSHAM TOWN	11	4
20	WO@THING UNITED	11	3

Division Two

	Team	P	PTS
1	LOXWOOD	12	26
2	EASTBOU@ME UNITED AFC	10	25
3	STEYNING TOWN	11	25
4	LITTLE COMMON	12	23
5	HAYWARDS HEATH TOWN	12	22
6	@@OAD@@IDGE HEATH	10	20
7	@EXHILL UNITED	12	18
8	AFC UCKFIELD	11	18
9	MILE OAK	10	18
10	WICK & BARNHAM UNITED	11	17
11	STO@@INGTON	11	10
12	OAKWOOD	10	10
13	WESTFIELD	10	9
14	@USTINGTON	11	7
15	SALTDEAN UNITED	11	7
16	SEAFO@D TOWN	10	5
17	MIDHURST & EASEBOURNE	12	3

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	6	16
2	@OFFEY	8	14
3	SIDLESHAM	5	12
4	IFIELD	7	12
5	FERRING	6	11
6	HU@STPIERPOINT	8	10
7	@ILLINGSHU@ST	7	7
8	@OTTINGDEAN VILLAGE	8	7
9	UCKFIELD TOWN	6	6
10	CLYMPING	6	6
11	SOUTHWICK	7	6

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